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A FEW WORDS ON CLOTHING.

BY T. L. NICHOLS, M. D.

A WRITER, in a recent number of the Journal, dating from what used to be the far west wilds of Iowa, opposes all clothing, as detrimental to health. If I understand him rightly, he would banish it at once, and have mankind appear in the primitive garb of our first parents. He may be right—but if I undertook to try the experiment, I should prefer an Eden, and a state of innocence to try it in. In the torrid zone, some clothing affords a convenient protection from the intense heat—in Russia, it seems rather a necessity. I know the Indians did pretty well with a few coats of paint, and as they exposed the whole body, as we do our face and hands, they said they were all face. It is probable enough that a man might begin early, and get toughened to it, even in this climate. In the beautiful islands of the South Sea, dress is worn more for ornament than use; but that is a different affair from the zero temperature of a northern winter.

It is a favorite dream of the lovers of progress, that the climates will be gradually softened, the seasons equalized, and the earth redeemed from its sterility. But as it will take time for the poles of the earth to become perpendicular to the ecliptic, so as to make an eternal summer round the world; as the progress of ameliorating the climates by cultivation must necessarily be slow; and as people have no great fondness for toughening themselves so as to go naked under present circumstances, I conclude that some kind of clothing will be worn for some time longer.

There are, indeed, occasional signs of change in this respect; and these signs occur in the sex that has the name, justly or not, of being in-

clined to fickleness. Men dress with great regularity. You never see their skin, except what covers their faces, or such portions of them as are not concealed by shirt-collars, hair, and whiskers; and the hands, when not covered by rings, gloves, and mittens. But the women certainly have some slight tendencies toward the theory of our Iowa philosopher, which I charitably attribute to their comparative state of innocence, and some dim longings after the lost Eden.

Thus our fair and gentle ladies are sometimes dressed to the tips of their fingers; at others, we see their beautiful white arms bared to the shoulder. Sometimes their dresses come up to their chins; anon, they fall far down their chests. At present, their dresses sweep the pavements, but I can remember when, in obedience to the nod of fashion, they rose some distance above what may be properly called the ankle. At the theatre, especially in the ballet, the style of dress, like that of the South Sea Islanders, is more ornamental than useful, and, at times, is so very little, that our Iowa friend could scarcely make it a subject of complaint.

Dress, aside from its ornamental qualities—and these are by no means to be disregarded—is a kind of necessary evil. I know that the poet speaks of "nature when unadorned, adorned the most;" but nature, in the poet's sense, is, I fear, rather a scarce article. It is necessary, as a protection from the inclemencies of the weather, and to protect, not our innocence, but our want of it; for it is not the pure who are scandalized at nudity. Leaving the decency part out of the question, if we should all leave off our clothes, I suppose three-fourths would be killed the first winter, while the balance would be remarkably tough and healthy. I think, therefore, that if any such change be made, it should be done gradually; not, perhaps, as the ladies do, by wearing their arms or bosoms bare now and then at a party, a ball, or the opera, but by leaving off some of our unnecessary coddlings and comforters.

So much for necessity—now for the evil. It

is true that the whole body needs light and air, as it needs cleanliness. It is true that much of our clothing interferes with these requisites. I like the fashion of the Turkish ladies, who, after their baths, amuse themselves for an hour or two, talking, working, or playing games, before dressing. This practice, in a large, airy, well-lighted room, cannot but be favorable to health. To let in air and light, clothing should be made loose, and of a spongy texture. There are two points to be considered here. The transpirations of the body must be thrown off without impediment, and access permitted to the external air. I am satisfied that we breathe with the skin, all over the body. In that case, tight, close garments must smother us. Nothing like oiled silk or India-rubber cloth should ever be worn. All dresses of oil-cloth, or other water-proof compositions, which are also air-proof, should be avoided. It is better to get wet. Great mischief has been done to heads by wearing tight and air-tight hats. The silk hats especially are quite air-tight, the plush being put on with shellac. From this cause we have headache, baldness, and tendency to apoplexy. So of the feet, cased in water-proof boots. The boots commonly worn make the feet tender, unhealthy, and chilly. Every sensible man wears shoes or cloth gaiters when the season will admit, and when compelled to wear boots, he has them made large, and changes them as quickly as possible for his slippers.

In texture, the knit stocking is the best article of clothing we have. It seems to answer every requisite. We might wear knit undershirts and drawers, with advantage, when they are needed. Some people lay great stress upon the healthiness of wearing woolen flannel next the skin. When people do not bathe, and when it is not allowed to become too filthy, I think it may be useful. It will cleanse the skin after a fashion, and take up the matter of perspiration, so as to prevent in some measure the clogging of the pores. But Water-Cure people can seldom wear woolen next the skin, and they do not need it. When a person bathes every day, his skin

becomes very tough, but at the same time very tender. It is both hardy and delicate. This comes from its greater vitality. It will bear a great rubbing, but cannot endure the irritation of coarse woolen. So we wear cotton, or silk, or fine worsted, next the skin; and in all cases the more open the texture, the better.

It is hard to say whether men, on the whole, dress better than women. They are more consistent, and their fashions have but little change. Of late, their garments have become more and more loose and flowing. The ladies have greatly the advantage in hats, and so have less occasion for wigs, and die less frequently of apoplexy. They do not coddle their feet so much in tight, impervious boots; but then they chill them severely, when there is no need of it. The ladies admit the air with some freedom to the lower half of their bodies, but they make up for that by close fitting bodices and corsets to the upper half, including the most vital organs. I believe I shall say nothing about tight lacing; as it is presumed that every woman who presses her heart, liver, lungs, and stomach into a less space than nature designed for them, knows that she is killing herself, and takes the responsibility of suicide. But as it is our duty to prevent people from drowning themselves or taking poisons, "unless prescribed by a regular physician," I don't know but it may be the duty of every man to carry a knife or a pair of scissors in his pocket, and rip open every woman he sees committing this most stupid of all modes of self-slaughter.

Aside from the cravat, which there has been much debate about, men dress the chest to better advantage than do the women. I have heard of male dandies, who wear belts, body-braces, and corsets; but I trust, for the honor of humanity, that such specimens are rare. What few may be found running at large should be caught, caged, and turned over to the menageries. If women will profane their bodies by such hideous distortions of themselves, men should try to sustain their portion of the dignity of the race. There is a question about the practice of leaving a portion of the bosom less protected than the rest, as is done by the open collars of our coats and waistcoats. It is not settled whether this partial exposure is a cause of bronchial difficulties, or a protection against them. But the changes in female dress, from dresses high to low in the neck, and from long sleeves to bare arms, cannot be favorable to health. They should be one thing or the other; and much as I admire a white, well-shapen arm, the graceful fall of the neck, the alabaster gleam of the well-rounded shoulder, and the heaving bosom's voluptuous swell, I cannot but think that for the present, and in a variable climate like ours, they had all better be protected by proper and graceful coverings.

There are a few laws of dress, easily understood, and easy to observe. The objects of dress are comfort, health, decency, and ornament. I think comfort, health, and decency go together;

and as use is the highest beauty, we may take in the ornamental. The requisites of comfort are, ease of motion, lightness, and just enough and not too much warmth. The requisites of health are absolute purity, the free ingress of air and light as far as consistent with comfort, and the maintenance of the degree of warmth necessary to the highest vitality. I shall leave the points of decency and ornament to the taste and sense of propriety of my readers; but let me assure them, as one who has an eye for the beauty of the female form, that a waist squeezed into less than its natural dimensions is neither decent nor ornamental. To the artist it is a deformity; to the anatomist and physiologist, an indecency and an outrage.

HYDROPATHY FOR THE PEOPLE.

WATER-CURE IN CONFINEMENT.

BY E. A. KITTEDGE, M.D.

MORE harm is probably done by the officious intermeddling of "doctors" during the time of gestation, and at and after confinement, than at almost any other time.

When transitions of any kind take place, there is always more or less of commotion; and no sooner does the woman begin to feel the natural results (*i. e.* natural to "civilized" woman) of the new action instituted in the system—such as nausea in the morning, headache, constipation, languor, &c., &c., than the family physician is consulted, especially if it be the first time, and he, nine times out of ten, will order some kind of cathartic, perhaps a gentle emetic, to begin with, and, as the case progresses, all sorts of "stomachics" and "correctives," to remove the acidity and cure the heart-burn!—and, before its completion, oftentimes pints of blood—though, mind you, such "doctors" never take any but the bad blood—is taken, in order to relieve the head, &c., &c., to facilitate the approaching labor!

To the young, thoughtless, and inexperienced, this is thought all right, and absolutely necessary; they rely implicitly, at such times especially, upon the *ipse dixit* of the "old woman" and their "doctor," and nothing is too absurd for them to do, if these oracles only sanction it, even to the eating of charcoal and magnesia by the ounce, and taking physic daily!

Now, I need not tell any well-informed woman, one who is at all conversant with physiology, that this practice is entirely at variance with the laws of nature.

"But good, honest, and intelligent physicians recommend these things." Perhaps so. But what of that? Ten thousand men may swear to an error, and yet not make it a truth. Hundreds of things, once believed by the learned and good, have been repudiated by the same as unworthy of belief, "new light" having discovered to them the falsity thereof.

For years and years it was thought absolutely necessary to the salvation (physically) of small-pox patients to give them hot drinks, stimulating "medicines," and keep them very warm! But now

even the greatest advocates of drug treatment forbid all this, keeping the patients as cool as possible, and giving scarcely any medicine.

If they were mistaken in the one case, why not in the other?

But let us look at the philosophy of the matter for a moment, and then we shall see the absurdity more clearly.

The institution of pregnancy is one of the most natural as well as holy of any ever set up by nature; and whenever any very bad symptom or feeling arises, it should only be received as so much evidence of previous false condition, occasioned by violated law. Generally speaking, over-eating, and indulgences of other kinds, are the immediate causes of them.

Now will any one pretend to say that the remedy for such symptoms is to be found in the apothecary's shop?

Your common sense revolts at this preposterous idea, and well it may, for a greater absurdity never was palmed upon an unsuspecting and trusting community.

"Did Marous say it? Then, so it is—
No truth so valid as a word of his!"

But it is high time, O women of the nineteenth century, that you began to think for yourselves, if not to act. Ay, the time is even now at the door, when women, who are women, are both thinking and acting, and the result is manifesting itself in the increased respect shown, and superior advantages accruing to them.

"But these symptoms, doctor, they will arise; now what shall we do to be rid of 'em?"

I answer briefly, *be hydropathic*.

"But being a hydropath won't cure us, will it?"

If you "live the gospel you profess," it will; for being hydropathic is nothing more or less than living in accordance with nature's laws, and assisting nature in her own way, when she's unable to perform her accustomed work.

In the first place, if you want to have healthy children, and be anybody yourselves, ponder well your footsteps.

After conception, let there be no more intercourse; and if you want no more trouble in your stomach and in your offspring, *be careful what, when, and how much you eat*.

I know very well, that it will be told you, as it was told Adam and has been told to all his descendants, that it won't hurt you to eat all you want and everything you want, at such times especially, but I say it is untrue.

I know very well, too, that now, as then, you will be more disposed to believe the "serpent" than the God within you, who, through your common sense and judgment, is continually saying, "in the day thou eatest" too much or improperly, "thou shalt surely die;" but nevertheless, 'tis so.

Ay, however you may side with your carnal appetites, you will sooner or later find that your disobedience has been the death of your health and enjoyment, and perhaps of your offspring.

"But what shall we do with our greatly increased appetites at such times?"

What shall you do with 'em? what shall the intemperate drinker do with his?

In the first place, if you were anywhere near what you ought to be, you wouldn't have such inordinate appetites—secondly, if you do, your judgment should tell you that it is not normal, and morbid appetites should never be indulged. Eat in the first place the simplest kinds of food, using no condiments; drink freely of cold water and nothing else, keeping the skin perfectly clean—which, be it remembered, is vastly more likely to become unclean during this most important period—and when you have eaten a very little more than would suffice you in your common state, stop, let your appetite cry never so earnestly for more,—and very soon you will get the mastery of the unnatural appetite; at any rate you will be rewarded for your self-denial, by the absence of the usual distressing symptoms, and, ultimately, with an easy confinement and a healthy child—comparatively speaking!

The great mistake about eating during this period arises from the fact that women in this condition can eat almost anything and any quantity of food, and not affect the stomach particularly, and therefore they suppose it don't hurt them at all!

But the restless nights, the aching head, the sour stomach, and the general uneasiness, followed by a "humor," puny, sickly child, show the mistake; it is no less an injury than it is an insult to the recuperative power within.

"But what shall we do with our constipation?"

If you live as you ought, you will have but little if any of that terrible and necessary concomitant of evil-doing and neglect of doing.

If eating moderately, of coarse, plain food, vegetable and frugiferous, does not obviate it, you have only to use injections of slightly tepid water—in some cases very cold water is advisable—in quantities larger or smaller, say from a pint to a quart, or even more, and you can effect your object, especially if in conjunction you use the nearly cold sitz bath once or twice a day for fifteen or twenty minutes.

"But what's the harm of taking physic at such times?"

I might answer—Yankee-like—by asking you what's the use of taking physic?

It don't cure constipation, never did and never can, simply because it does not remove the cause thereof. On the contrary, it increases the very difficulty it was given to remove, by rendering the liver, &c., more unwilling to act without being whipt! than before.

But this is not the only harm it does; it produces a determination to the lower part of the bowels, &c., that often proves very serious; this and the fancied necessity of giving it after confinement, is what makes so many "female difficulties," "weaknesses," "fallings," &c.

"Now, supposing labor to have commenced, what shall we do—how shall we best assist nature?"

By letting her alone merely!

"What, shall we so far depart from all common usage as to stand idly by, give no help, too, 'nor nothing!' to help nature in her expelling efforts!"

"Help nature!" poor, presumptuous fools, wait till she asks for help, at least—and in ninety-nine cases out of every hundred you will find you are not called upon at all.

It has been mine to attend several hundred births, and never in but a very few instances did I find it necessary to do anything to "assist nature," and, in my opinion, the "assisting nature," so frequently desired by the anxious and fearful, has been productive of ten times as much evil as good.

That ergot possesses the power to increase uterine action, I will grant for argument's sake, if nothing more—and also, that circumstances may occur where it may be necessary or advisable to increase the action; but cold water applied to the bowels is all-sufficient; at least in the worst cases of inefficiency with which I have had to do, I have found it so.

Mechanical assistance is sometimes necessary, but not nearly to the extent it is generally supposed. In most cases of difficult labor even, nature will manage to relieve herself, take it all and in all, about as well as the most scientific and skillful surgeon can do, and ten times as well as the majority of the presiding "geniuses" at such times can possibly do.

In short, as a general thing, all the accoucheur has to do is to be in readiness to receive the little stranger, and perform those duties which every attendant, of good sense, can learn to do as well as the surgeon. You may stupefy the brain so as to render the patient insensible to after-pains, but you can't stop them; they are caused by the contraction of the uterus upon itself, which is absolutely necessary to stop the hemorrhage, and to have it resume its natural condition. If you take opium, &c., to quiet the pain, you do it at the expense of your general health.

I often find it necessary to increase the pain! that is, to increase the contraction, in order to facilitate the closing up of the bleeding vessels. This is done in the same manner as you would do to produce increase of "pains" on action before delivery, namely, by cold cloths, constantly applied to the bowels. Many and many a woman's life has been saved when in danger from flooding, by this simple and always present remedy. It is necessary sometimes to use injections largely of the same precious element. The treatment of the mother after delivery is simple, very.

If she be warm and uncomfortable from long perspiration, wash her all over in water slightly tepid; then let her rest for twelve hours with only a wet bandage on the bowels. After this a sitz bath of sixty to seventy degrees, according to the constitution, &c., with occasional wash-downs, is all that is necessary, unless the bowels be constipated; if so, the third day give an injection of tepid water.

Let the child be well washed with warm

water and pure soap the first time; after this cold water is decidedly best; feed it with sugar and water till the milk comes. Having dressed the cord with lint, with linen bandage, and you've done all.

AN AUTOBIOGRAPHY

CHAPTER III.

ONE can hardly decide which to rejoice at sight of the most—the cradle—or—the coffin. The one is the depository of joy—the other of sorrow. One heralds in hopes, the other takes away misery. The birth, the death of a babe! We feast at the former, at the latter we weep; but as children *now* are, it would be as wise to weep at the cry which bespeaks the entrance into this world of a new soul, as at the death-rattle which indicates its departure.

Job, good old Job, *cursed* the day *he* was born. He prayed that its remembrance might be blotted out. I will not go as far as Job; but I do not know that I care to *rejoice* at my existence; for LIFE to me has issued from two fountains, the bitter and the sweet. As regards health of the body, I have never known what it is in perfection; and as regards the health of the soul, that it has maintained itself against fearful odds, my history will demonstrate.

I was the first-born of my parents, and all first-born children are *wonderful* children.

"Some are born to greatness.
Some achieve greatness,
And some have greatness thrust upon them."

My greatness was of the latter character. My father had calculated my nativity, had cast my horoscope, and my *star* shone brightly. Not a cloud dimmed its twinkle. It rode as clear in the heavens as the star of Power's Gitano. I was wonderfully made; a *born* genius—in his esteem; and greatness was to be *thrust* on me, "nill it, will it."

There lived in our village a "maiden lady," named B——r. She was none the worse for living *unmarried*—in fact *she* was better. Celibacy is by no means the vice it is represented to be. In many instances, as respects both sexes, it is a high virtue. More especially is it virtuous in a *woman* to live *unmarried*. Society makes her dependent, an appendage, a thing; gives her half her rights only, and *that* grudgingly; places her interests, her hopes, her property, her name, her identity, in the power of the man to whom she surrenders; demands that her surrenders shall be, in the language of chivalry, "rescue, or no rescue;" and covers her so completely, buries her so entirely under her lord, as to coin a term expressly to indicate her condition, and, in legal phraseology, terms her a

"Femme couverte."

It stakes all her happiness on a single throw, after having made her as unskillful as possible. It educates her so that she shall not know the honest from the knave, the man of heart from him

of special pleading, the man of genius from the man of dull plodding, the man of philanthropy from the miserly wretch. And if this were *not* so, if she had discernment, it precludes her from its exercise. It *laughs* at her for her coarse fibre. If, in a matter of so much moment as that of connecting her individual and social, her physical and spiritual destinies with another, she takes the *initiative*, it calls her *masculine*, declares she o'erleaps the bounds of decorum, and apes powers and prerogatives belonging only to the opposite sex. And what does society, if she *abstains* from all this—if quietly, dumb-like as a lamb before its shearers, she says nothing—she waits to be asked? It *laughs* if she is *not* asked, and laughs still louder, if, *when* asked, she *refuses*. It insists that she shall *not seek actively* a companion that will suit her tastes, and whose strength shall aid her in climbing successfully life's steep hill, under penalty of *unsexing* herself; and it equally insists that she shall marry *somebody*, or be made the butt of neighborhood gossip, the theme of tea-party conversation, and have affixed the soubriquet of "OLD MAID," to carry, Hester Prynne like, as a *scarlet letter* to her grave. Such injustice has forced thousands of girls into embraces that they loathed, and made their marriage-bed a hell—their home the abode of discord and misery. Thank God, this result is coming to its *finale*. The Graces, the Celias, the Fannys, the Marys, the Phebes, all over the country, are concluding to live *single* lives, in preference to union with those who can in no way aid them in developing the higher life. They act wisely. Hard as is the lot of woman without man for a helpmate, her lot is still harder with man for a *clog*. Marriage implies and embraces more than an agreement to dwell together for the promotion of special interests. It always contemplates more than this; it permits union *only* where LOVE is. All the priests or judges in Christendom cannot *marry* a man and woman unless they *love* each other. They may legalize the relation, but they cannot make it *lawful*. They cannot spread over the ceremony the sanction of propriety, nor lift its issues beyond the pale of illegitimacy. *Love* (not *lust*) alone can do this; love that is pure, intelligent, elevating. There may be more or less of ceremony, more or less of respect paid to conventional arrangements. But however multiplied the forms or burdensome the ceremonies, the whole procedure is abominably degrading and impious, unless it be sanctified by love.

Why, then, should high-minded, noble-souled women part with their independence, their right and privilege to struggle after a loftier position, to have the fruit they grasp turn to ashes on their lips? The land is full of such women, who thoughtlessly, and under the promptings of passion and fancy, have publicly allied themselves to men who cared infinitely less for them than their broad acres. Such men are not *husbands*. Such women are not *wives*; for ceremonies and forms have no creative power. At best, they only give publicity to the reality.

They stand in the gateways of opinion as *criers* of deeds done. Their sanction may be more or less important where there is a *living* union, but where there is *no* union of soul they cannot make the outward union less disgusting—less a *sham*; for no power of statute, opinion, or custom, can give validity to *SHAMS*.

Is it wonder, then, that educated, high-minded women are refusing to wed? To me it is not. I am glad of it. I consider it a harbinger of redemption to the sex. It tells clearly that woman is getting glimpses of the sphere to which great Nature has assigned her. She will live with a companion, an associate, an equal, a *husband*, if she *can*; but at any rate she will *live*—not vegetate—not draw out an oyster existence—not breathe, but *live*—in the noble, manly sense of the term. God bless the single women of this country, say I. They are the possessors of noble hearts, cultivated intellects, sensitive souls.

Now I do not mean, in defending the single women of this country as a *class*, to stand godfather to each individual of that class. To do this would force me to defend Miss B——r, a thing I feel quite disinclined to. Miss B——r, as soon as it was proper for her, called to see my mother and the baby. She was a fussy, old thing, and she insisted on taking me. After holding me for a minute or two, and looking very intently, she with great gravity delivered her *prognosis*. Reader, do you know what a *prognosis* is? Lest you should not, permit me to tell you. A prognosis is *not* a prognostication. It is a Greek word, used by medical men, to make "common folks," like you and me, believe they are learned. Well, Miss B. prognosticated, and pronounced me to have wonderful talents. She was a *cunning* woman. She wanted my father's influence in her behalf as a school-ma'am, and so she took him on his blind side, and declared to him that I should be "*something wonderful*."

When I was three years old, my father left his home for Sacketts Harbor. The United States and Great Britain were at war. Canada, and the States that border it, were the seat of the contest. He was drafted as surgeon, and went. I recollect as vividly as can be his mounting a horse called *Bob*, and on a canter riding out of our door yard and our village away to the North; whilst I, poor little fellow, was turned over to Miss B——r, who was to

"teach my young idea how to shoot."

If I was ever to astonish Christendom by my talents, if I was ever to turn up an

"admirable Crichton,"

my parents thought no time was to be lost. So Miss B——r took me across our door-yard, and leading me into her school-room, seated me on a little bench, by her side, *till my turn came to read*. Capital idea! was it not? Think! I was getting advanced in life—I had been an inhabitant of this sublunary sphere for ten hundred and ninety-five days; and I knew nothing more substantial than to ride my dog, caress my tame woodchuck, feed chickens from

the door-stone, and look at, and try to understand, a variety of things of which I knew not the cause or the uses, and do not unto *this* day.

O, Miss B——r! I am now on the shady side of life. It is approaching autumn with me. My leaf is in "the sere and yellow," and you are

"dead, and your body turned to clay;"

but from any height wheresoever you may be sitting, looking down on me, please to hear me say: Of all the features I have known, those of my schoolmasters and mistresses are the most indelibly daguerretyped on my soul's tablet. How plainly I can see you *now*, as you were *then*, dressed like a maid of the Puritan stamp, or like the wife of

"Miles Standish, of Mayflower memory."

Plain, prim, exact, with no gew-gaws—no ornament—not even that of a meek and quiet spirit—severe, cold, selfish, unsocial, and unsympathizing. The hoar frosts of November were not more chilling to a hot-house blossom than was your presence to me. No wonder that I stuttered, that I called A B, and said E was X. What else was to be expected? I was an exotic. An *aura* such as surrounded you was not indigenous to me. I was from a *torrid* zone, and I shivered for the climate natural to me. My mother—I blush!—had warm blood in her veins, and a warm heart in her bosom, and I had lain next that heart, and felt its throbbings; and her blood had coursed my tiny frame before I made my *debut* to this world of sin. To put me by your side was to crucify me, to impale my young spirit on a spear's point, and I longed for that nook—my mother's lap—

"so soft, so gentle, and so kind,"

whence I could look up into her beautiful face and feast on her loveliness.

Shall I ever forget how, at that time of life, I studied your features, Miss B——r? With what instinctiveness I sought sympathy, and how my soul turned from your hard, unloving face upon itself, and said "Nothing for you there!" My tuition under you gave shape to my whole life. It solved a problem tougher than any in Euclid. It demonstrated the worth of a *heart*. Young as I was, I could observe and *compare*; and I did so. I brought my dear, good mother and you into *contrast*, and the decision was made without trouble. From that hour—its dawning is as distinct as that of yesternight—I shrunk from the frigid and *un-emotional* in character, and bound myself to such as had lineaments that could dilate at sight of suffering and sorrow.

Time rolled on. My father came home from the wars. I was old enough to wear coatee and pantaloons. I was *six* years old; how I strutted! I have since seen "children of large growth" strut pretty much after the same fashion and from pretty much the same motives. At this period, my father, still clinging to the notion that I was born to make a stir in the world, thought it high time to put me under different tutelage. I was too old to be taught *by a woman*. What was to be done? The village of my nativity was no

large. There were few men of fore-handedness in it, and the hope of inducing them to go in with him and establish a select school was faint. Yet he was bent on having me taught by a *man*; and he concluded to try the village pastor. He applied to him, and the reverend gentleman consented. My father fitted up with rough-boarding partition a room in the attic of his drug store, cut and made a dormer window in the roof, so that light could be admitted and I could see out on to the top of a horse shed; and on the 1st day of April, 1817, with a dull, plodding cousin of mine many years older than myself, I took my seat in that little pent up room and commenced the study of the *Latin* language. It was a beautiful morning; the green grass had spread itself over the road sides and along the village paths; the tall Lombardy poplars were leafing out nicely and tenderly; and the robins were chirping in their branches. The wild thorn-apple was in blossom, and the wild plum was following suit. The beautiful, modest violet lifted its head with inexpressible gracefulness from the path-border of my father's door yard; and the rose in the corner gave forth buds of promise.

How sweet was the air; it was filled with fragrance: a warm shower of rain had fallen in the night, and the sun was lifting up vapor from valley and hill-top. The old steeple-top sheathed in tin glistened in its rays, and held its head proudly in the air, as if to say—"this is the way to Heaven! On such morning as this, did a little boy, with feeble frame, asthmatic, thin in flesh, nervous and highly excitable, with too greatly developed reflective powers, take his departure from the *outward* world, never again to enter it as a *child*. O, that hour! how full of thought and of sorrow to me. How I longed for play, for the run down the hill, for the cow milking, the sheep and calves feeding, for the rides to the wood, for the ridings of OLD BOB to water, and other things to give me full sweep and grace of my bodily powers. But I was a *Genius*, and must study *Latin*. A year passed, and my poor little dwarfed spirit was saved from ruin by "falling in love."

"Oh, if there is one law above the rest
Written in wisdom—if there is a word
That I would trace as with a pen of fire
Upon the unsunned temper of a child—
If there is anything that keeps the mind
Open to angel visits, and repels
The ministry of ill—'tis Human Love!"

I loved my mother and a grown-up girl. There dwelt at this time with my parents a young woman about nineteen years of age. Her name was Adelaide Greenwood—sister of the celebrated Grace Greenwood of this day. We always called her *Delia*. She was not handsome—was beautiful. There's a distinction for you, reader!—she *was* beautiful. She carried the brightest and best pair of eyes in her head, with one exception, I ever saw. They talked, conversed, laughed, prayed, sung, and said sweet things—those eyes; and then water never run down hill more easily than tears flowed from them at sight of sorrow. They were the inlets and outlets to

her soul. Look into them, and you could see how innocent, trusting, generous, amiable, and loving was her heart. Look again, and you would see them flashing with intelligence of the highest order. She ruled me with those eyes, and that heart of hers. She was a poet of the first order, though of what is called poetry I know not that she even wrote a line; her prose was all poetry; she never talked common-place, but always spoke common sense. Unlike myself at that time, she had her earthly resting places, spots of green, where her dove-spirit sealed itself; but she also took flight into a sphere of life higher than the mere worldling will ever dream of. Her voice was musical as a linnet's, and varied in its tones as those of a mocking bird; yet I have no recollection of any attempt on her part to sing. I have often thought whether there was such natural connection between large, dark, soft eyes and sweet voice, as to warrant the conclusion that where one found the former the latter was sure to be found. My experience is in favor of the conclusion. I never saw a man, or woman, boy, or girl, with such eyes, who had a harsh grater-like voice. The eyes, if so peculiar as to possess originality of expression, almost always indicate the tones that will fall on the ear when the individual speaks. Take a man like Senator Butler of South Carolina! The intonations of his voice could be known as well before as after he had spoken. His is a foxy eye, deep set, with over-hanging lash, and flashing forth stratagem and cunning constantly. Restless, watchful, turning on all sides, peering out from under its lid as if he expected every instant to hear the political hounds baying on his track. One would swear that the man's voice would be like the barking of a fox at eventide,—short, coarse, nervous, lacking fullness.

But *Delia's* voice was as capable of full volume as were her eyes. And it produced as decided effects. Throw her into mixed company—and in fifteen minutes all would gather about her to listen not only to *what* she had to say, but to her manner and tone of saying it.

Well: this girl kept my heart true to humanity, else I should have been a misanthrope before I entered my *teens*. I loved her—child as I was—but not with passion. I loved her as one might suppose a child of my age might love a being of superior order. I worshiped her. She to me was the embodiment of the *Divine*. She to my young mind was the most perfect symbol, the most glorious representative of God that I had seen, or conceived; for she filled my ideal. She answered to the strength of my imaginativeness. I looked on her, and my pantings after something higher, holier, nobler than I elsewhere saw, were satisfied. She kept me true to my instincts. She had watched her own and kept them unperturbed, so that in all matters of right and wrong she was as keen-scented as an Indian warrior on the trail of his foe. She was no controversialist, disliked strife avoided making issues on disputed questions; but, when compelled to do so, saw through a

knotty point with a glance like an eagle's, and with a dignity like that of a queen met her responsibilities fairly.

She is *dead*. She died many long years ago, and in my boyhood I was left alone. She had loving friends. Father, mother, brothers, sister, all dear to her, as she was to them; but I venture to say, that not one of them now living can call up her image as freshly as the man can, who, up to the time of her decease, was a *little Latin scholar* and her devoted worshiper. If I did not cherish for my parents a fond love, I should feel impelled to say that, with the exception of *Delia Greenwood*,

"the whole of those that surrounded me
were a pack of fools."

But they acted up to *their* knowledge, for light and truth were not at *that* day evolved as at the present. *Now*, I have no patience to exhibit to those who house the young in school-rooms, teaching them abstractions, where they ought to send them abroad in the sunshine, and make them observe and learn by induction. No child ought to see the inside of a school-house till full twelve years have rolled over his head. This does not necessarily imply that he may not know his letters, or be incapable of reading. These he can be taught at periods of cessation from bodily exercise by his mother; and if she cannot do as much as this for her child, she has no right to be a mother. His school is out-of-doors, on the hill-side, in the meadow field, under the shady butter-nut, by the water-stream, with labor and recreation appropriately mingled—and freedom from all intense intellectual excitement. Will fathers and mothers always be silly? Will they never learn? Which develops first in the order of Nature, the animal or the spiritual? the physical or the intellectual? A child comes into this world with its animal wants in predominance. Its propensities are in advance of its moral sentiments. Its perceptive powers grow in early years more rapidly than its reflective powers. Children observe earlier than they compare or causate. A very moderate modicum of sense exercised by parents would go greatly toward avoidance of heart-ache, and "the improvement of the breed" of men and women.

To be continued.

A FEMALE MEDICAL STUDENT.—A correspondent sends us the following extract of a letter from a medical gentleman in London:—"You will smile, I think, when I tell you that we have a *female student* at Bartholomew's—you have doubtless heard of Miss Blackwell, of American celebrity. Well, on entering the anatomical theatre a few mornings since, Mr. Paget said that this lady had applied to be admitted as a student at the Hospital; and that after consulting the governors, the medical officers had agreed to receive her; and he therefore hoped that she would be treated with every consideration and respect by the students. Mr. Paget then said, I will now introduce her to you; and stepping in the museum walked in with the lady, whom he conducted to her seat. She then very coolly removed her bonnet, and sat as unconcerned in the midst of us as if she had been there six months. She has been a regular attendant since, but the students generally do not like it."—*English paper*.

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M. D.

CASE XX.—ASTHMA.

IF I were to declare my utter ignorance of the nature and cause of this disease, I should follow the example of most medical writers. Its symptoms are apparent enough, its diagnosis is easy, but all the rest is very much in the dark. Webster's Dictionary may seem a strange place to look for the description of a disease, but it is not a bad one, when you want it brief and comprehensive. The old Doctor of Laws probably consulted some dozens of doctors of medicine before he wrote down the following:

"ASTHMA, A chronic, paroxysmal, and intermittent disease of respiration; the paroxysms exacerbating and remitting; the inspirations, during the attack, fuller and more frequent than natural, but with a sensation of want of air, accompanied by paleness of the skin and lividness of the lips. The term is also often applied to any difficulty of breathing."

It would be difficult to find a better description of this disease, so far as its phenomena and symptoms are concerned; but its absolute nature is untouched. It is called spasmodic; but where are the spasms? are they in the muscles of the chest, the diaphragm, the bronchia, the trachea, the larynx, or where? Dr. Webster does not inform us. Let us turn to Professor Dickson, a very careful and highly respectable authority.

"The pathology of Asthma," says Professor Dickson, "is difficult and obscure. The difficulty of breathing is twofold, and urges both during expiration and inspiration. It is hence plausibly suggested, either that the muscular fibres of the bronchia are everywhere rigid, refusing both to contract and to dilate; or, that in some portions of the air-tubes, these fibres are spasmodically contracted, resisting both the entrance and exit of air."

The usual treatment of Asthma is vague and palliative. The lancet, cupping, emetics, purgatives, and narcotics are used, especially the latter. Some eulogize tobacco, some stramonium; lobelia, the spider's web, coffee, and opium, camphor, ether, ipecac, the inhalation of gases, and galvanism, have all been tried, but with no very remarkable success.

The recent causes of asthma are as obscure as everything else about it. In a majority of cases we may find a hereditary predisposition. Bad air is considered a cause; but it is a curious fact that the air which will excite attacks in one case will relieve them in another. Hence some asthmatics find a high airy situation in the country suit them best—others find their only relief in living in the city. The paroxysms are excited by sudden changes of temperature, exposures to cold or moisture, to the bad air of crowded apartments, to certain gases, and some odors. They come on especially after full meals and late suppers, and follow repelled eruptions.

Marshall Hall has a remark in his admirable work on diagnosis, which shows him to be an acute observer. He says "*True Asthma* arises, I believe, generally, from dyspepsia."

My observation of the disease assures me that

it is most intimately connected with, if not absolutely dependent upon, the condition of the stomach and the skin; and any treatment which will secure the healthy action of these organs will cure the disease. Both stomach and skin are in a delicate, sensitive condition; but it is my belief, that the state of the skin has the most direct influence upon the disease. The stomach acts upon the skin, the skin upon the organs of respiration.

The case I have under treatment is that of a mercantile broker in this city, who has been a sufferer for fifteen years. The disease is clearly hereditary. The patient is an active business man, with a family to support in a style which demands his constant exertions; and the treatment has, in consequence, been partial and interrupted. I have at no time been able to put him under the full treatment the case requires. The skin, in this case, is in such a sensitive condition, that I have been obliged to use the greatest caution. The wet sheet brought on a violent paroxysm. Even a wet towel laid over the chest, in an otherwise dry blanket pack, produced the same effect. Doubtless this condition might have been overcome, had I been able to take the case fully in hand; but I had only an hour a day—an hour at night, after a busy, toilsome day—to work in. I tried the wet jackets, both night and day, but they brought on the paroxysm; and I was reduced to a quick cold bath, with a free rubbing in the morning, a wet bandage around the abdomen, worn pretty low, a dry pack carried to the point of perspiration, followed by a short douche at five o'clock, and a tepid sitz bath on going to bed.

This course gradually strengthened the skin, relieved the paroxysms when they occurred, and gave great relief; but this was not so marked, until I had, with some difficulty, succeeded in getting my patient upon a rigid diet. He was obstinate for a time, protesting that his stomach had nothing to do with the disease, and that what he ate in moderation made no difference; but when I persuaded him to make the trial of a very spare and simple diet, leaving all warm drinks, all oily food, and making many of his meals on bread and water, he soon found how much influence his stomach had, directly or indirectly, upon the disease.

The cold weather has crept upon us; we have had our autumnal frosts and storms; but the usual attacks of the asthma have not made their appearance. My patient has not lost a day from his business, nor a night's sleep; he bears exposures to the cold and rain he has not been able to endure for ten years past; and there is every prospect, even with the little treatment he can give time for, of an ultimate cure, though a more discouraging case it would be difficult to meet with. I need not say that during all this period of fifteen years everything that promised relief had been tried, and, as is usual in such cases, tried in vain.

In the Water-Cure, even under these disadvantageous circumstances, the relief has always

been immediate, and the improvement marked, and apparently of a permanent character. In other cases, I have been able to use more treatment, and have produced greater effects, in a shorter period; but I give this case as an encouragement to perseverance, under apparently insuperable difficulties, and as an instance of what the Water-Cure can do, if we give it only half a chance.

The influence of the state of the skin upon this disease, as well as upon many others, appears to have entirely escaped the notice of pathologists. It is the constriction of the skin by cold which brings on the attack in most cases; and whatever will excite the action of the skin will give relief, and whatever will restore its health will also cure the disease. Hence the temporary relief afforded often by the ordinary remedies. An emetic causes perspiration; small doses of ipecac, especially if combined with opium or camphor, produce the same effect. Tobacco, with those unaccustomed to it, stramonium, lobelia, all act upon the skin, but in the same wretched and poisonous way as all drug medicines; and what little temporary relief they give, is at the cost of future suffering. But with the Water-Cure, we have not only immediate relief, but at the same time we secure a permanent benefit.

WOMAN'S DRESS.

BY MRS. R. B. GLEASON.

Is not your wide-spread and valuable Journal, though in most respects greatly in advance of the age, in one point a little in the rear? You have no ladies' fashion plate, that important part of a magazine to which one-half of the human race always turn with a personal, practical interest, and into which the other half always desire to look, probably to keep their standard of taste correct, as to what is becoming in ladies' apparel.

But no fashion plate is better than one teaching such gross violation of the laws of our being as those set forth in all popular periodicals.

But really, would it not be a curiosity, equal to any that Barnum's Museum contains, to see even in picture a style of dress for women, comfortable, convenient—in short, one in no wise conflicting with their bodily functions or life's duties? And how much more glorious would it be to see every woman free from every fetter that fashion has imposed! Such a day of "universal emancipation" of the sex would be worthy of a celebration through all coming time. The Quaker mode of dress is *better* than any other prevalent, though *not perfect*. In some respects, as a matter of taste and convenience, it might be improved; but its construction is more favorable for health than most other forms, and from being without change, it gives greater mental freedom, by saving a world of thought, as well as a world of work. Hence women of this sect, as a class, surpass others in general intelligence, and retain their youthful look and vigor longer.

Were our style of dress consistent, the appellations "weaker sex," "softer sex," and the like, would be *far less* appropriate than now. Woman's intellectual power, as well as physical, would then rise far above its present standard.

A permanent fashion is not to be desired, unless there were some head wise enough to frame one every way perfect, which is not to be supposed. Man is a progressive being; and woman, who was made as a helpmeet, surely *ought* to be so too. The change should not be yearly, monthly, or weekly, as in Paris, but when any real improvement was suggested to any mind, be it a matter of beauty, economy, comfort, or convenience. Now we have change on change in such quick succession, that the husband might well "hurry home with his wife's new bonnet, lest it got out of style before he got there." But precious few of the changes are for the better; most of them from bad to bad, and some of them from bad to worse.

When the day of corsets passed away, there was great commendation, as well there might be, but *not* at what soon followed. Then came the heavy skirts, bustles, long waists, and longer points, filled with whalebones and other splints, fit only to be used on the human frame in case of broken bones. This style of dress has induced more suffering than tight lacing, though that was a more speedy cause of death. One oppressed and displaced important organs, though not the vital; the other attacked the very citadel of life. Both of them are semi-suicidal in their tendency. One usually extinguishes the lamp of life early; the other half quenches it, leaving it to flicker on through many a long and painful year.

The excessive heat induced by an inordinate amount of clothing, has caused spinal affections and relaxation of the muscles of the back and abdomen. Then from the skirts not being sustained by the shoulders, as they should always be, what are termed the "dragging, bearing down sensations" have ensued. To relieve these, woman is harnessed in an abdominal supporter, wearing at the same time a *much more efficient* abdominal depressor, in the shape of a bodice waist. The harm these have done, and are still doing to the present and prospective generations, words fail to tell. No matter if they are loose, as the wearers always declare them to be, these unyielding points cause more or less pressure upon the abdomen, unless the form is erect, or rather thrown a little back—a position which no one maintains but for a short time. And this pressure chiefly falls where there is no bony framework to resist, there being only the muscular and cellular tissue, and the still more yielding, displaceable organs beneath. Thus the free motion of the diaphragm is impeded, abdominal respiration hindered, and hence the blood is imperfectly oxygenized. The stomach, being short of room, cannot do its work well, and indigestion ensues.

Consequent upon excessive pressure, come torpidity of the liver and portal circulation,

accompanied by constipation. The returning blood being obstructed, congestion of the lower bowels, and perhaps piles, follow. Along with this train of evils, well nigh equal to those which Pandora's box contained, comes often prolapsus uteri, from undue pressure of the impending viscera upon its fundus, together with the debilitating causes above mentioned. Perhaps this scourge of woman is accompanied by leucorrhœa, painful or profuse menstruation, uterine neuralgia, and similar accompaniments.

When the fashion of all chest and no abdomen first began its reign, young women were often delighted to find themselves "growing longer waisted," as they termed it. And how was this, when they had attained their height some years since? In no other way than by the compression and depression of the interfering organs.

Our Professor of Anatomy said to the class, when demonstrating the location of the liver, "that its lower border corresponded with the lower margin of the ribs, *usually*; but that in women it sometimes extended to the right iliac fossa" (or internal cavity of the hip-bone). Then added, "If you wish to find all the organs in their normal position, procure a male subject." As much as to say, women are so deformed by art, that not even their remains are fit for dissection. Sarcastic as was the remark, it contained too much truth. It is to be feared that few female forms are what unrestrained nature would have made them. The floating ribs are approximated; the umbilicus, which should be near the centre of the protuberance, is now usually quite above it, so much are the viscera depressed.

Compression is more hurtful to woman's frame than man's, for the reason that her muscular fibre is less firm, and more loose, soft, cellular tissue enters into her organization; hence it yields more readily. This pliability and mobility are needful, to allow of the change of form which maternity induces. Were much resistance offered then, harm if not destruction to some of the internal organs would ensue. To gentle pressure, whether from within or without, her form readily yields. It would seem that "the world, in its wisdom," thought this plasticity given that woman might shape herself to please her own fancy, or rather that of men.

But the changes made thus far have been in nowise for the better. True, thousands of long and slender waists have been made, which are *called* beautiful. But were our standard of beauty the one given us by Infinite Wisdom, we should cease to admire such. Is not a thing beautiful in proportion as it accomplishes the end for which it was designed? If so, then away with your fashionable forms, which *prevent* the healthful action of those organs they should protect. Our present mode of dress forbids the full motion of one-half the joints of the spinal column, and of the corresponding anterior and posterior muscles. And can any one say that the human frame, thus fettered, moves with

more ease and beauty? Why, we might as well pretend that a wry neck, crick in the back, a stiff hip or knee, made one's motions more graceful. We laugh at the Chinese for wearing wooden shoes, but that is but a shadow of a sin compared with our wooden waists. They girdle but the extremity of a limb, we the very body of the tree.

Much as a "snug fit" is admired, how much more beautiful were the loose, flowing robes of the ancients, allowing freedom of motion to every joint, tendon, and muscle our Heavenly Father hath given us.

Our present style of clothing, when not guilty of compression, is, in many respects, cumbersome. Look a moment at a walking dress in a fashion plate. The name should signify a form of apparel suitable for active out-door exercise. But what do we find? Why, the same snug waist, in wearing which the walker must be soon "out of breath," for the reason that not more than half the amount needful can be taken in. Long, heavy skirts, which fetter the limbs, as well as perform the office of a street broom; a thin slipper, so that the feet are soon wet, if the earth has been moistened by dew, or the pavements by the sweeper. The arms are confined to hold on the mantilla or shawl, thrown so gracefully over the shoulders, the freedom of which would facilitate locomotion, besides giving more perfect exercise to the entire body.

How much better some simple dress, fitted to the form, but so loosely as to allow of freedom of inspiration and motion, of a material of sufficient warmth so as not to require a shawl; skirt short, so that the limbs can move freely, on the feet good boots, such as a man would wear on a similar walk, the limbs well protected by a garment which we will call pants, if the sensitive reader will not be shocked by calling any portion of a lady's apparel by that name.

Why are short dresses, which all agree are decidedly becoming for a young miss, so *improper*, *indelicate*, and *immodest*, as soon as she has passed into her teens? Why must she, as soon as she puts on womanhood, cover her lower extremities to the very tip of the toe with a flowing robe, however inconvenient she may find it at times? No matter if her neck and arms are nude, even when the state of her health, and that of the weather, demand that they be warmly clad, this exposure is to be admired, not criticised. How absurd is all this!

Would men wear clothing so uncomfortable and inconvenient as ours, and not complain? Was there ever such a grumbling among the whole race as when the long, loose camel cloaks, with big capes, were in vogue? Many a man declared himself so fettered that he could do nothing; that he had as lief wear a balloon; that it was always in the way, being always inflated with air, and under foot.

If a woman dares to put off an inconvenient form of dress, and adopt another, without the sanction of fashion, she is at once vulgar, lacks taste, and refinement. None of us should wish

to be singular, but all should be *willing* to be so for the sake of the good and the right. All unnecessary violation of public opinion is censurable, for to it we all look for protection; but we should never allow it to enslave our bodies or our spirits.

FOREST CITY WATER-CURE, ITHACA, N. Y.

SURGICAL OPERATION.

On Thursday an operation was performed at the Infirmary in this city, by Dr. J. F. May, assisted by Drs. Miller, Johnstone, Stone, and Garnet, of this city, and Drs. Witherspoon and Coolidge, of the U. S. Army. The patient was Richard Eaton, aged thirty-seven years. He has for many years lived in this city, and followed huckstering, ducking, &c., as a means of support. He has been a man of a tolerable even life, and comfortable way of living, so far as his pursuits would admit, and of a naturally good constitution. Three years ago, he was taken with the white swelling, or a scrofulous degeneration of the knee-joint, as we believe his affection is technically termed.

For seven months past he has been bed-ridden, and it was the opinion of his medical advisers that he could not survive another month, if the continuity of the disease could not be arrested. His knee was as large as his head, and the limb was badly affected, in all its parts, up to the hip. He evinced much courageous determination, and calmly awaited the operation, which, we must here remark, *a patient has seldom survived*. The preparations were all well made, and a very large number of spectators were assembled, when chloric ether was administered. Dr. May then *disarticulated the hip joint, and removed the entire limb, in a little over thirty seconds!* In twenty minutes ligatures were applied to the twelve arteries, without the loss of more than half a pint of blood.

When the patient awoke he was asked where was the seat of his pain? He replied that his knee and foot pained him. He was then told that the limb had been entirely removed. He smiled in incredulity, and could not, for some time, believe the assurances of those around him. The surgeons sat by him about three quarters of an hour before they finally dressed the part, lest secondary hemorrhage should ensue. He passed the evening and night well, and yesterday was cheerful and in high spirits, eating freely the food presented to him. Thus far all indications are wonderfully favorable; but the surgeons do not encourage sanguine hopes of final recovery. The operation has, as we have said, very seldom been finally successful, and in the present instance the lips of the wound are not wholly unaffected by the disease that was ascending in his person. We will hereafter announce any decisive change that may occur in his condition.—*Wash. Repub.*

A correspondent, who sends the above case, asks:—"Would not the Water-Cure have saved this man's limb?" Our opinion is very decided that it would, if applied in the early stages.

HOME CASES OF WATER-CURE.

BY M. D. P.

EARLY in September last, my brother, who is about eighteen years old, and naturally healthy, was taken with pain in the bowels, and sickness at the stomach. At first, he thought he would try to keep at work, and that it would pass off. But it was not so easy. He grew worse in the night, with vomiting, and a severe pain in his head and bowels, accompanied with a diarrhoea. He drank cold water, and kept a cold, wet cloth on his head the most of the night. Urgent business called me from home until 9 A. M. I then found him worse than ever, with a high fever and severe pain, as before stated, appearing somewhat delirious. In the first place, I opened the windows, and then proceeded to put him in a cold wet sheet-pack, at the same time keeping his head as cold as possible. In a few minutes I renewed the pack, but instead of one sheet, I took two, wrung out of the coldest water that I could get, and let him remain in this pack about twenty-five minutes, each pack followed by a cold shower-bath. By this time the fever was reduced, so that he felt somewhat comfortable, except the pain in his head. However, he felt so much refreshed that he slept most of the time, till about 2 o'clock, P. M., when the fever returned, with pain as before. I pursued the same course—the cold pack, shower-bath, &c. This seemed to break up the fever entirely; it could not stand such treatment as this. The patient gained very fast, and on the fourth day he was out to work as usual, and has been well ever since. This is but one of many cases that have come under my observation since I began to use water as a medicine, and the reason why I select this one is, because there were two cases very similar to this one, in this neighborhood, about the same time, that were treated by the regular doctors, and it took them as many *weeks* to get about, as it did *days* for my brother.

SICKNESS IN CALIFORNIA is an expensive business. The fee bill agreed upon by the San Francisco Medical Society is published with their by-laws, and fixes the price of a single visit from a physician (who is not a regular attendant) at \$32; from the regular attending physician \$16; and \$10 for every mile traveled from the city; when detained, for each hour \$32; for a written opinion or advice, \$50 to \$100; for a visit at night, \$100; for an opinion involving a question of law, \$150; for a post-mortem examination in case of legal investigation, \$200; do. made at the family's request \$100; certificate of the state of a patient's health, \$250; for vaccination, \$32; case of ordinary labor, \$150; application of forceps, \$300; operation of turning, \$500; removing stone from the bladder, \$500 to \$1000; for amputation of a leg or arm, \$300; extirpation of tumors, \$100 to \$1000; for trephining, \$1000; operations on the eye, \$100 to \$1000. The San Francisco Herald, speaking of the effects of these high rates on medical gentlemen of the States, says:

"We beg them not to be deceived, however, by the showy appearance of the above rates; there are, unfortunately, many physicians in this city, skillful and able as any of the Medical Society, who would be glad to earn \$500 a month, even though they had to perform, every day, the strange sounding operations to which that sum is affixed."

MEASLES;

ITS NATURE AND TREATMENT.

BY JOEL SHEW, M. D.

MEASLES, although a very common affection, is to be regarded on the whole as a formidable one. It not only tends to the development of other diseases which may be at the time dormant in the system, but proves not unfrequently of itself fatal. This disease is named by medical men in England, *morbilli*, from the Italian, signifying a minor plague. It is also called, still oftener, *rubeola*, from the Spanish signifying *red*. The word *rubeola* was formerly applied to measles and scarlatina without distinction, although the two diseases are plainly very different from each other—not only in character, but generally in severity.

There are reckoned to be three varieties of measles:

1. The *vulgaris*, or *common measles*, in which the rash is only slightly prominent, extending over the mouth and fauces, and in which there is harsh dry cough, with inflamed and watery eyes.

2. The *incocta*, or *imperfect measles*, in which the rash runs its regular course, with little fever, or catarrhal affection, and which does not afford any certain security against a subsequent attack of the common form of the disease.

3. The *nigra*, or *black measles*, in which the rash appears about the seventh or eighth day, assuming a black or livid hue, interspersed with yellow, prolonged in its stay, and accompanied with extreme languor and quickness of pulse.

Some have added also another division, called *rubeola putrida*, or putrid measles.

This affection occurs mostly in children, but no age is exempt from it. As to whether adults or children have it most severely, does not seem to be settled. It generally attacks an individual but once during life; but exceptions to this rule are not unfrequent. It prevails most in the cold and wet seasons of the year, but it may occur, and in a very severe form, in the most genial season, as in midsummer or autumn.

Its nature.—That measles is a contagious disease, few doubt; it is also supposed to be infectious. It seems often to come on when there has been no exposure whatever to its influence. This, like all other diseases, must have had a beginning somewhere; and we have good reason to believe that it is often recreated or that it begins anew in the world.

Period of incubation.—The books do not tell us, but it is supposed that the measles, like scarlatina, *hatches* from *eight* to *twelve* days in the system before coming out. It may, however, be weeks before it makes its appearance.

Symptoms.—Measles is usually ushered in by a set of catarrhal symptoms, of greater or less violence. There is headache and a degree of hoarseness, with more or less harsh, dry cough, with difficult or oppressed respiration; there is "flushing of the face, redness of the eyes, heaviness of the countenance;"

"a running of the eyes and nose, soreness of the throat, sneezing," with the peculiar cough called the "measles cough."

Dr. Marshall Hall's very concise enumeration of the symptoms of measles is the following: The disease is early characterized by the conjunction of thin fever and a sensation of stricture across the forehead and eyes, with a disposition to sleep. To these symptoms are added, on the second and third days, redness of the eyes and turgidity of the eyelids and nostrils, a copious flow of tears, and a frequent sneezing, a sense of soreness about the throat, hoarseness, a frequent, dry cough, difficulty in breathing, and a sense of constriction across the chest. The rash commences with distinct, red, and nearly circular dots; afterwards larger patches appear, which tend to assume crescentic forms. The surface of the skin is gently raised; the wrists and hands are papillated; the color of the rash is deeper and less vivid than that of scarlatina, being of the raspberry hue; miliary vesicles are frequently seen on the neck, breast, and arms. The general surface is less tumid than in scarlatina."

These symptoms may last from two or three to twenty or more days, before the eruption shows itself on the surface. Oftener it appears on the fourth day. First, we discover it on the face, especially on the forehead and chin; thence it spreads over the whole face. After some hours, it may be seen over a considerable part of the trunk and extremities. By the next day, usually, the body becomes pretty thoroughly covered. It is then most vivid on the face. About the sixth day, it becomes paler on the face, and redder on the body; and on the seventh day it begins to go off.

The catarrhal symptoms, then, usually prevail four days. The cutaneous disease then appears and lasts three days, amounting in all to seven days. This enumeration will assist the memory. But cases often vary in progress. The catarrhal symptoms may last many days—fifteen or twenty—perhaps more—before the eruption comes out at all on the surface. But generally it arrives at its height on the seventh day, so that on the eighth it declines; and on the ninth there is only a sort of brownish discoloration left. This is the usual course of the disease in ordinary practice. But the water treatment, as we shall hereafter see, has often a marked effect in modifying its symptoms and progress.

In severe cases of measles, there occur sometimes, about the fourth day, small dark patches in the mouth and throat, showing that the mucous membrane is affected as well as the skin.

Character of the eruption.—This varies, as a matter of course, considerably in different cases. Dr. Elliotson has described it as follows: "When the affection first appears, there are only, at the utmost, little red dots, nearly circular, which are scarcely perceptible, and rather less than the spots of flea-bites. They become more and more numerous, however, and coalesce into patches. These are of an irregular figure,

and frequently assume a semi-circular or crescentic form. This is characteristic of the disease, and is worthy of notice;—not that the diagnosis is often at all difficult; but if it be difficult, we may be assisted by remembering that the patches in measles affect a semi-circular or crescent form;—that in the midst of these patches there are circular spots;—and that around the patches are spaces of the natural color. The disease is most severe upon the face. The skin of the face is finer and more abundant in red vessels than that of many other parts;—and then it is that the effects of the inflammation are most severe, from these circumstances. The skin is not smooth but roughened, so that by passing the finger along it, a little roughness is observed;—hardly worth the name of roughness, perhaps, but an inequality. Occasionally, if the inflammation be severe, this is observed in other parts of the body. Sometimes the red dots are more or less hard and elevated. Although the disease is characterized by patches, the inflammation may be so intense as to cause the face to swell, and the eyes to be closed; nay, the symptoms may be so severe as to cause little collections of water, the size of millet seeds, which are called miliary vesicles; and sometimes there are papulæ on the hands, wrists, and fingers;—elevations of the cuticle, having a distinct roughness, in the midst of the patches; so that while the patches give to the feel a sensation of being elevated above the surrounding skin, in the midst of these there will be another roughness, arising from the papulæ."

We read in medical books that when the eruption appears in measles the catarrhal and other internal symptoms are materially lessened in severity. But there are differences of opinion on this point. Dr. Elliotson, who is certainly high authority in the old practice, affirms that in measles, instead of there being an alleviation of the internal symptoms, they are more frequently aggravated; at any rate, he says they are not relieved. Still it would be difficult, I apprehend, to convince people that it is not a good omen always to have the eruption come out well upon the surface.

Results of the disease.—In bad cases of measles there may be, not only some catarrhal symptoms, but bronchitis—inflammation of the lining of the bronchia; pneumonia—inflammation of the substance of the lungs; and pleuritis—inflammation of their investing membrane of the pleura. There may be inflammation of the eyes, a chronic inflammation of the bowels, in the form of a chronic diarrhœa. Tuberculous disease of the mesenteric glands of the abdomen may also be developed by the muscles and various cutaneous eruptions, and, in rare instances, a general dropsy. The mouth and throat may ulcerate, and ear-ache and running at those parts is not unfrequent. The rash may likewise go in suddenly, when there is very apt to follow some internal inflammation,—as of the lungs, the abdomen, or the head. In these cases it is commonly supposed that the retrocession of the

eruption is the cause of the internal mischief; but this is by no means certain, and is, on the contrary, probably not at all the case; it is just as probable that the internal disease put a stop to the external. As a general fact, no two considerable diseases can go on at the same time in the living body. The recurrence of another disease, in an internal part of the body is sufficient to suspend or put a stop to an external disease.

Diarrhœa following Measles.—It not unfrequently happens that a somewhat troublesome diarrhœa sets in, or continues after the disease is over; this is more commonly seen in the ordinary modes of treatment, but I have never known any troublesome diarrhœa to follow measles in a single case where water treatment has been depended on. Still, such a thing is possible, and for this reason, more particularly, I refer to it. When the diarrhœa does occur, it is probably often,—especially in the beginning,—a normal effort of the system to rid itself of morbid matter. If this be true, it ought not to be interfered with. As it is seen in the old practice, it generally becomes more or less inflammatory in its character, as is known by the tenderness of the abdomen, when pressure is made. The method usually resorted to is, that of leeches, blisters, mustard draughts, etc., with bleeding of the arm, if the patient is sufficiently strong, and the inflammatory symptoms sufficiently severe to warrant it. I need hardly say here, that the common water appliances for reducing local inflammation and general feverishness are far better, and more effectual, than the ordinary means.

"Measles is very apt," says Dr. Elliotson, "to leave after it an obstinate diarrhœa, which ends in disease of the mesenteric glands; and a bronchitis, that is apt to leave a disposition to the formation of tubercles. We have chronic bronchitis, then tubercles, so that children frequently die of consumption; but measles often set up scrofula both in the abdomen and the chest." Hence the necessity of treating the disease in the most faithful and careful manner. It is, in reality, a disease of more danger and liability to harm the constitution, than is generally supposed.

Altogether, the accompaniments, complications, and results of measles,—and more especially when the disease is improperly or injudiciously managed,—are such as must cause all of us who are parents to feel a deep solicitude in regard to the best means of treating so formidable a malady, not indeed of necessity so very formidable, but formidable as things have been in the world a century and a half back.

Predisposing causes.—I remarked that children are more liable to measles than adults; but this does not apply to extreme infancy, for the child at the breast is not so liable to it as the one that has been weaned. Sometimes a whole family of children have it, one after another, except the nursing one, which escapes an attack. But infancy at large, childhood, and the earlier adult period, are more liable to it than those of

the later adult period; and those in old age the least liable. But it does not follow that adults are necessarily less subject to it than children. In order to ascertain whether grown persons may not as readily contract it as the young, it would be necessary to expose a sufficient number of adults who had never experienced it. This, however, could not easily be done, since almost every individual has the disease before he has grown up to manhood. It is rarely seen in persons past sixty, and seldom, too, in very young infants, although it is possible for a child to be born with it, or to have it in a very few days after its birth.

Exciting causes.—The fact that measles can be produced by inoculation, is proof positive of its contagiousness. Dr. Home, many years since Professor of *Materia Medica* in the University of Edinburgh, made experiments which proved that measles could be communicated by inoculation. In 1822, these experiments were repeated by Dr. Speranza, an Italian physician. He inoculated six cases, and afterwards himself, with the blood taken from a slight scratch in a red papula. In a few days the measles appeared, and went through their course mildly and regularly. On making further experiments, Dr. Speranza found them to prove uniformly successful. Dr. Elliotson is of the opinion, that when measles produce vesicles—small ones—as is sometimes the case, the contagious matter might be obtained from them in a concentrated form. It is said that the disease produced by inoculation is much milder in character than when received in the natural way, and hence it has been recommended that inoculation should be practised, since all must, sooner or later, get it. Some have failed in the attempt to communicate it in this way, and there is doubtless much more difficulty in communicating it by inoculation, than there is in the small-pox. It has been recommended, too, that children be exposed to it during the mild and most favorable seasons of the year.

Prognosis of the disease.—The measles, I have said, (on the whole, a formidable malady,) is not, if well treated, in general a very dangerous disease. But even a mild attack may be suddenly converted into a very dangerous one. The mere disease or extent of the surface eruption, does not appear to place the patient's life in danger, as in scarletina and small-pox, but the internal inflammation of the bronchia, lungs, pleura or head, before referred to, constitutes the chief source of danger. If the disease occur in connection with, or soon after any other considerable disease, the danger is proportionately augmented. The scrofulous and most unhealthy children, and those having diseased parents, are more liable than others to die of it; and in this, as all other diseases, the better the constitutional and acquired stamina, the more likely the patient to get safely through it. The symptoms denoting great danger in measles, are:—a violent general fever, attended often with spasmodic twitches and convulsions; tardy appear-

ance of the eruption; a dark livid color of the surface; retrocession of the cutaneous symptoms; delirium, especially at night; great distress in the head; lividity of the lips; a persistent flushing of the face; difficulty of breathing; the appearance of petechiæ; hemorrhage from the bowels; and great general prostration;—these are the appearances that occur in a more or less marked degree, in the more dangerous attacks of the disease. It is surprising, however, to witness to what an extent these symptoms reach in some cases, and the child yet live in spite of their severity, as I have more than once had the opportunity of seeing. A favorable issue in these extreme cases is far oftener to be looked for when drugging is avoided, and the water-treatment is persevered in. By this treatment, and without the use of a particle of drugs, I have known an infant to live in an illy ventilated part of New York, when night after night it remained in convulsions, and when neither myself nor any one else concerned had the slightest hope that it would recover.

Treatment.—It is no new thing to treat this disease by water. Long ago it was understood in England, that the cooling or antiphlogistic plan was incomparably the best in this, as in all other inflammatory diseases.

Before proceeding to speak of the methods which we now adopt in the treatment of measles, I will give some account of certain means which have been hitherto resorted to by those who have gone before us.

The Rev. Dr. Hancock, who wrote early in the last century, gives us, in the quaint old English style, his experience in water-drinking as a cure of measles, in a manner evidently so candid that one cannot but be persuaded of his honesty in the belief of what he practised. He observes:—

"I had a daughter who fell ill, when we thought it would be the measles. I would have taken her under my own management, but a certain person in my family, who had a particular interest in me, would not be persuaded to it. We sent, therefore, for an ancient experienced apothecary, who in these common cases must needs know what was commonly given by the best doctors, with many of whom he was well acquainted, and had been long and often employed by them. He gave her several things, what I do not remember, and came often to her. She continued very ill for some time after he came to her. One night she was so very ill, my wife would not trust her with anybody, but sat up herself, with somebody to assist her. About three o'clock in the morning, my wife came to my bedside, and awakened me, and told me I must get up; my daughter would be dead. I made what haste I could to her, and found that she was much worse than my wife was aware of; and by the best judgment I could make, she could not live in that condition three hours. We concluded to send for the apothecary, but the time being unseasonable to send for an old man out of his bed, and I believing if we did send for

him, he would give her nothing but what was of the same nature with what he had given her before without success; and besides, we being afraid she would be dead before he could come to her, I persuaded my wife to leave her to me, and to submit to God's providence whatever might happen, and go to bed. I found she was struggling for life, and looking on her breast, discovered that the measles had gone in, and were nothing but livid spots; then I concluded her gone and past recovery. I then fetched up a pint of cold water, and a small wine-glass, from which I let her drink, not daring to give her a large draught at once, not knowing what might happen upon it. At the distance of some minutes, a second; and, after some time, a third; and awhile after, a fourth. I looked on her breast before I gave her the fourth glass, and found the measles had come out again, and worked very well, and rose as high as the measles ever does. Before drinking the water, she breathed with great difficulty, and perfectly struggled to get breath, and was in a terrible dry heat and a kind of agony. But before I had given her all the water, she breathed with great ease and freedom; and soon after the fourth glass, she fell into a quiet easy sleep—slept four hours or thereabouts, waked pretty well, and never was in any danger after, but was well in a little time; by all which I conclude, that if I had given her cold water in the beginning of the fever, she would never have been in any danger; and that the same plain remedy might save some when they are in *extremis* in common fevers without eruptions, and do more to set the stagnating blood afloat, and produce what is generally wanted in that case, a kindly, gentle sweat, than the best cordials that are commonly given; for in fevers the kindly coming out of these makes the sweat needless."

Dr. Bell, of Philadelphia, in his able and interesting work on baths, quotes from the *North American Medical and Surgical Journal*, vol. viii., the experience of Dr. Thaer, a Prussian physician, in the treatment of measles by cold affusion. In an epidemical visitation of measles which occurred in the neighborhood of Berlin during the autumn of 1825, this gentleman directed the use of ablution with cold water and vinegar in sixty-eight cases. Out of those there was but one death, and that was of a person in whom there were pulmonary tubercles, and in whose case the ablution had been practised contrary to the advice of the physician. Contrasted with this favorable result, was the fact of eleven deaths out of fifty-two sick of the same disease, but on whom the remedy had not been used. It was remarked that the children who had been bathed were, for the most part, perfectly cured in the space of eight days; the diquamation (pulling off the tubercle) was less extensive, and more rapid in its course after the ablutions; and the convalescents exposed (contrary indeed to Dr. Thaer's orders,) did not experience, on that account, any inconvenience, although they had some remains of cough. When the irritation of

the lungs had lasted some time, copious expectoration supervened after the use of the cold lotions; and when the pulmonary disease was in its incipient state, it was cured without expectoration so soon as the functions of the skin became regular. In these patients the eruption was observed to come out immediately after the use of the lotions, although, prior to this, there had not been the slightest evidence of it; and whenever the eruption appeared, the other symptoms were considerably moderated in violence.

The conditions for prescribing cold ablation in these cases, were:

1. That the temperature of the body should be above 98° Fahrenheit,—the natural temperature of the blood in health,—and that there co-existed restlessness and shortness of breath.

2. That the water for ablation should be colder in proportion as the body of the patient was warmer.

3. That the sponging or ablation were never to be resorted to when the little patient was in a tranquil state, or perspiring.*

The success of Dr. Thær's practice was certainly good—remarkably so—in comparison to the old plan; but I should not agree with it in the second particular, to wit, that of using the water colder in proportion as the fever became more intense. I would rather, in such cases, employ the water at a milder degree,—at least, I would *commence* the sponging or ablation with it, at a degree mild in proportion to the heat present, for the reason that it is better not to overshook the system, which very cold water is apt to do, especially when great heat prevails in the body. Admitting that the surface needs a greater amount of cooling in the hotter cases, as it certainly does, we can easily accomplish this object by continuing the operation a longer time. Besides, when we have once brought the body under the influence of tepid water, which is cold in effect, we can end the process with that which is colder, and thus avoid the unpleasant shock referred to. The less shock the better, in taking a bath, especially in acute disease.

While at Graefenburg in the winter of 1847-'48, a case of measles happened in the family of Mr. George Douglass, of this city, and in which I took particular note of the treatment as directed by Priessnitz. The patient was a boy five and a half years of age. He had swelled tonsils, and was every way a feeble, delicate little fellow. He had had croup and inflammation of the lungs repeatedly, and at one time,—after having been calomelized and blistered according to the old style,—was given over, by a council of four great doctors, to die.

The treatment Priessnitz put him under for his general condition of enlarged tonsils, debility, great susceptibility to colds, croup, and other inflammations, was the cold wet sheet, twenty minutes, on rising, followed by the ice cold plunge,—for it was in the mid-winter of a very cold climate,—the rubbing sheet in the forenoon,

the packing sheet and plunge in the afternoon—the same as in the morning—a wet bandage, covered with a dry one, night and day about the throat, and the abdominal girdle ditto.

Three months of this powerful treatment benefited the little patient most astonishingly,—considering what his condition was and always had been before commencing it. At the end of this period, he was attacked with the measles. For this, Priessnitz directed the wet sheet packing as before, for each morning, but to be followed by a tepid half-bath of about 70° Fahrenheit, instead of the cold plunge. The same in the afternoon, which was continued during the period of the rash, at the end of which a diarrhoea supervened—a circumstance that often occurs in measles, particularly if the case progresses favorably. For this the packing was continued in the morning, as before, during the eruption; a cold rubbing sheet, followed by a cold sitting bath, forenoon and afternoon, without any afternoon pack. Whenever the diarrhoea should appear worse, either night or day, the cold sitz-bath was to be repeated thirty minutes. This, in connection with the other treatment, had evidently a remarkably good effect in moderating the looseness. Altogether, the case did remarkably well.

Early in 1847, I published the following paragraphs concerning measles:

"A few days since two or three children of Mr. H. P. Osborne's had the measles. I was called but once to one of the children. Mrs. Osborne having studied the water-treatment considerably, gave the wet sheet, and thus brought out the eruption very quickly. She repeated it daily, gave baths, kept down the fever, and dieted the children, so that all went on well. These were good instances of domestic water-treatment. The little girl, I saw, had passed through the worst of the attack, but the mother, not having seen measles treated by water, wished to know from me whether she was proceeding properly.

"Another case occurred some days since. A little daughter of Mr. Joseph Allen's, in MacDougall street, seemed to have taken a cold and was coughing. Being called, I ordered the packing wet sheet and an extra bath per day, to give her plain food in small quantities, and, if the cough should yet prove troublesome, to use the wet bandages upon her chest. The first wet sheet and bath brought her measles out completely. I directed the sheets to be continued twice daily, and a tepid half-bath as often as the fever rose. Wet bandages were kept constantly on the chest, and injections were given to regulate the bowels. Everything went on favorably.

"My friend, Mr. Perry, No. 115 Orchard street, tells me he has just been treating one of his children by water, it having had measles. Friends, relations, and the doctor, have all expostulated, but without effect. He has had his own way, and has done well in the case.

"I have known no cases of measles to be lost when water-treatment alone was practised; and

I have repeatedly treated the first case of a family of children, while all the succeeding ones have been treated by the parents themselves. This is with some an objection to the water-treatment. It is so plain and simple, people learn a great deal too much. It spoils the trade."

The Rev. Mr. Butts, of Yorkville, near this city—or rather a part of the city—has just given me the following account. His oldest child, a girl between eleven and twelve, was taken with measles about the middle of Oct., 1850. She was treated by wet sheets twice a day; was very feverish for three or four days, and had much cough. Bathed her also often as the heat came—water cold out of the cistern. Wet bandages on a good share of the time. Eruptions came out well. She had great looseness of the bowels, for two whole days, about the fifth or sixth days of the disease. After this she improved astonishingly.

In a few days their two other children, one eight and the other ten, gave signs of having the disease. These were treated about in the same way as the girl. Both of them had a looseness also. The diet was very plain with all of them. They were taken or went freely into the open air every day, with the exception of perhaps one. The weather at the time was very changeable.

The children are now—Nov. 8th—all well. The weakness of the eyes, the cough, and all other unfavorable symptoms, wholly gone.

I might go on and give a great number of cases of the cure of measles by water-treatment. Enough, however, have been cited for our present purpose. And now, after having practised this method for upwards of seven years in this city, and having had myself, every year, much to do with the disease, and after having known a very considerable number of cases treated by others, I have not yet known of any that have been lost by measles when water-treatment has been alone employed. I have been called sometimes in consultation, and sometimes in other cases, where drugs have been used first, and the child getting worse, we have used water and failed of cure. But we have sometimes succeeded, even in these bad cases, and then water has had the credit as it should, whereas in the fatal cases there was nothing to lose. Besides, we have been able often to mitigate the symptoms, to render the sufferings less; and this certainly is worthy of our best efforts, as every parent can appreciate. The success of the water-treatment in measles, I say, then, is remarkable, and such as should commend it, not only to physicians, but to the community at large.

From what has been said, it will readily be inferred that we are always to treat measles on the same plain principle as all other inflammatory diseases.

We must have regard to the age of the patient, the state of the general health and vigor of the constitution, and particularly to the symptoms of fever present. Every parent should know as much as possible concerning the pulse,

* See Bell on Baths, Philadelphia edition, 1850, page 370

its qualities, and what it is in health. Then, as feves comes on,—no matter what the cause,—we know it by the pulse, and should always treat the case accordingly. We employ wet sheet packs,—short ones,—half baths; the water tepid, or at most not very cold; ablutions generally; wet compresses; water drinking, and injections;—these, with due attention to diet, air, temperature, cleanliness, and all the ten thousand little matters that are included in the term “good nursing,” constitute the safest and most effectual of all known means for the cure of measles. And in no other respect, probably, is water-treatment more remarkable than in its power to prevent the unfavorable after effects, of this disease.

CUTANEOUS RESPIRATION.

BY PROF. I. M. COMINGS.

WHILE we have volumes written about the lungs, their office, and the importance of their healthy function, yet very little attention has been paid to the skin as an organ of respiration.

Numerous and satisfactory experiments have been made, to prove that the aeration of the blood takes place not only by the lungs, but through the whole cutaneous surface. In some of the lower tribes of animals this is a very important part of their respiratory process; and in some of the vertebratæ, the cutaneous respiration alone is capable of supporting life for a considerable time. This is the case in some of the frog tribe, whose skin is soft, thin, and moist.

Carpenter speaks of some experiments made by Bischoff, who ascertained that even after the lungs of a frog had been removed, a quarter of a cubic inch of carbonic acid was exhaled from the skin during eight hours. Experiments which have been made on the human subject, leave no room for doubt that a similar process is effected through the medium of his general surface, for when a limb has been enclosed for some hours in an air-tight vessel, containing atmospheric air, freed from carbonic acid, a sensible amount of this gas has been found to be generated. It has been observed not unfrequently that the livid tint of the skin which supervenes in asphyxia, owing to the non-arterialization of the blood in the lungs, has given place after death to the fresh hue of health, owing to the reddening of the blood in the cutaneous capillaries, by the action of the atmosphere upon them. Another proof of this we notice in the reaction that takes place after cold bathing, when the venous capillaries seem almost of the scarlet red, showing conclusively that decarbonization has taken place in the surface.

The great sympathy that exists between the skin and the lungs is also evidence of this. What physician has not seen the happiest results form relaxing and purifying the skin, in asthma and other pulmonary complaints?

We find in cases of obstruction to the due action of the lungs, that the exhalation of car-

bonic acid through the skin may undergo a considerable increase, for we find a similar disposition to vicarious action in other parts of the excreting apparatus. There is also evidence that the interchange of gases between the air and the blood, through the skin, has an important share in keeping up the temperature of the body; so we know that decarbonization takes place similar to that in the lungs; and as a negative evidence, we find the temperature of the surface is often much elevated in pneumonia and phthisis when the lungs seem to perform their functions very insufficiently.

To put that this matter entirely at rest, we have the following experiments, performed by MM. Becquere and Breschet. The hair of two rabbits was shaved off, and a composition of glue, suet, and rosin, forming a coating, through which air could not pass, was applied over the whole surface. In the first rabbit, which had a temperature of 100 degrees before being shaved and plastered, it had fallen to 89 degrees by the time the material which was spread over him was dry. An hour after, the thermometer placed in the same parts had descended to 76 degrees. In another rabbit, prepared with more care, by the time that the plaster was dry, the temperature of the body was not more than $5\frac{1}{2}$ degrees above that of the surrounding medium, which was at that time $69\frac{1}{2}$ degrees; and in an hour after this, the animal died. These experiments place in a very striking point of view the importance of the cutaneous surface as a respiratory organ, even in the higher animals, and they enable us to understand how, when the secreting power of the lungs is nearly destroyed by disease, the heat of the body is kept up to its natural standard by the action of the skin.

If the human body should be thus covered, life would become extinct almost as soon as though the air should be cut off from the lungs by strangulation. When a considerable portion of the cutaneous surface is destroyed, or thus covered up, we find the lungs immediately labor and pant for more air to make up the loss from the skin, and the blood is imperfectly decarbonized.

A valuable therapeutic indication is derivable from the knowledge which we thus gain of the importance of cutaneous respiration, and the desirableness of keeping the skin moist, especially in the various forms of febrile disease, where there is great heat and dryness of the surface, since secretion and decarbonization cannot properly take place through a dry membrane; hence the great relief from cold and tepid sponging, as well as from the great variety of baths.

These considerations are of the highest importance in the treatment of disease; and the success of the practitioner will depend very much upon the extent to which he follows the indications of nature, and keeps these facts in view.

When poisons are taken into the system, there is almost invariably an increased exertion of some kind, which tends to eliminate them from

the blood; and Carpenter* adds, even when there is no other obvious means for their removal, we can have little doubt but the skin and lungs give important aid in their separation.

Worcester, Mass., Dec., 1850.

CHOLERA.

THE GRÆFENBERG PRACTICE, COMMUNICATED BY V. PRIESSNITZ, FOR PUBLICITY.

GENTLEMEN,—Having received the treatment of Cholera as practised by V. Priessnitz, I copy it for the Journal, as promised some time since. You may state, for the information of your readers and subscribers, that it was obtained directly from Priessnitz by a friend of mine now at Græfenberg. To show that there is no falling off in the followers of Hydropathy in that region, I will add, that in a letter received from my friend in October last, he stated that there was 1,213 patients around Græfenberg, from the first of January up to the tenth of September, of which 596 had gone, and there remained about 617 there then. They were continually arriving and departing. All classes and conditions of people are to be found there, from *princes royal to beggars*, and hailing from Mexico to Constantinople.

Please state this as a nut for “unbelievers to crack” during the holidays.

Yours truly,

FRANK STEWART, M. D.

P. S. Had you not better add the “Fahrenheit” degrees to the “Reaumur,” as the “Reaumur” may lead some persons to make mistakes. F. S.

As a preventive against Cholera, it is good to wear a cold wet bandage round the body, and to bind a dry one over it, in order that it may warm better, and as often as it gets dry to wet it again. People should wash themselves in cold water morning and evening, that the skin may remain active. In the morning, when fasting, (before breakfast,) and at every meal, one should drink about two glasses of water; by this means the laxness of the stomach and bowels will be prevented. *Hot food and hot drinks should be avoided.*

On the commencement of the Cholera itself, the following treatment must be applied.

One or two abreibungen with a large dripping sheet; then, if there be great pain in the bowels, a clyster of quite cold water, and a sitz-bath of from six to eight degrees (R.) with copious drinking of cold water, should be employed, that the patient may vomit, and he must remain in the sitz-bath, having his back and abdomen rubbed until the vomiting and diarrhœa are miti-

* Page 663. The urinary excretion is, in a great degree, vicarious with the cutaneous, in regard to the amount of fluid discharged, the urine being more watery in proportion as the cutaneous exhalation is diminished in amount, and vice versa. The share which the skin has in this office has probably been generally underrated. There is reason to believe, that at least 100 grains of azotized matter are excreted from it daily; and any cause, which checks this excretion, must throw additional labor on the kidneys, and will be likely to produce disorders of their function.

gated. Should there be much cramp, more abreibungen are to follow—five minutes wet, and five minutes dry. If the patient cannot stand, he must be rubbed lying on a mattress.

Then he must wrap an umschlag round his body, and lay down in bed to sleep. On awakening, he must take a tepid shallow bath of from 10 to 12 degrees (R.), a few minutes long, during which the body must be rubbed. In the chamber let there be fresh air. If the water in the sitz-bath becomes dirty, let it be changed. The patient must only use *cold food*, and on no account *animal food*. Let those who rub and treat the patient not be afraid. In general, with this cure, the disease is not dangerous, for one can often be cured of all pains in an hour.

These directions are communicated by V. Priessnitz, only for those who have the necessary knowledge of the Water-Cure.

✓ Food and Diet.

FRUITS AND VEGETABLES.

BY SYLVESTER GRAHAM.

WE learn from Holy Writ, that when God created man, He planted a garden, or, as the Hebrew text more strictly signifies, *an orchard*, eastward in Eden, or in a *pleasant region*; and caused to spring up out of the ground all trees pleasant to the sight, and good for food; among which were the trees of life, or trees yielding life and health-sustaining fruit; and trees of the knowledge of good and evil, or trees yielding intoxicating and pernicious fruits or substances, the eating of which would give, not an intelligent discernment and appreciation of good and evil as abstract moral qualities, but, according to the strict sense of the language in the Hebrew text, simply that knowledge of good and evil, as matters of personal experience, which is derived from such a suffering of evil as gives a mental consciousness of good and evil conditions, affections, and emotions, as contrasted with each other, as health and disease, pleasure and pain, cheerfulness and sadness, joy and sorrow, happiness and misery. And God took the man whom He had formed, and put him into the garden of Eden, to dress it and to keep it; and commanded him, saying: "Of every tree of the garden thou mayest freely eat; but of the tree of the knowledge of good and evil, eat not! for in the day that thou eatest thereof [*moth tamuth*] *thou wilt begin to die.*" But man disobeyed this injunction of Divine benevolence, and ate of the tree of death; and God said to man, "Because thou hast eaten of the tree of which I commanded thee not to eat, cursed is the ground [*ba' ahurecha*] in thy *defection*: through thy delinquency as its tiller, it shall bring forth weeds and briars exuberantly; and through thy enervating sensuality, the care and labor necessary

for the cultivation of the produce of the field which thou shalt eat, shall be troublesome anxiety and irksome toil to thee; and in the sweat of thy brow shalt thou procure thy food, and in weariness shalt thou eat it, till thou return to the ground out of which thou wast taken." And as men multiplied upon the earth, they increased in sensuality and depravity, creating disease, and shortening life, till all mankind had corrupted their way, by eating flesh and drinking wine, and rioting in every form of sensual pleasure. And God, in mercy even to the incorrigible and abandoned race, sent a flood to cleanse the earth from its human pollutions; saving only Noah and his family from the general destruction; not on account of the peculiar goodness of this particular family, but for the continuation of the species. And when the face of the earth had been covered with water for many months, and every living substance was destroyed which was upon the face of the ground, and all the fruits of the earth were cut off, and Noah and his family had nothing to subsist upon but the animals which they had taken with them into the ark, God said—not as at first, to unfallen, undepraved *man as a species*, but to a remnant of the fallen and corrupted race, to Noah and his family, in their peculiar condition and circumstances, and to all others in like necessitous conditions and circumstances—"Every *creeping thing* that liveth shall be food for you; even as the green herb have I given you all things."

These Sacred Records clearly teach us that, in the Divine constitution and appointment of things, the food adapted to sustain human nature, in its highest, holiest, best, and happiest state, is the fruit of the orchard—of trees and shrubs, as distinguished from the grain and other products of the tilled field; that these latter, which require the careful, pains-taking, wearisome, and sweat-producing toil of man, for their cultivation, constitute his second best kind of food, in relation to bodily and mental health, vigor, activity, usefulness, happiness, and length of days. And that in the most destitute, depraved, and abandoned state of man, he is given up to feed, like beasts of prey, on the carcasses of other animals, and even to go beyond the most ravenous and ferocious of predaceous beasts, and devour with greediness the flesh of his own kind! filling the earth, by his transgressions, by his sensualities and atrocities, with disease and suffering, and untimely death, and every other evil and afflictive and calamitous consequence of sin.

And these teachings of the Word of Inspiration are confirmed by all human history and experience, from the beginning of our race till now; and by all the truths of science which have been clearly and fully ascertained by man, in relation to the same matter. All the relevant anatomical and physiological and psychological evidence of Human Nature certifies the truth of these teachings of the Sacred Records.

But rarely has it been more terribly demonstrated than in our own afflicted land during the

past season. Had God wholly withdrawn His merciful providence from His creature Man, and left us to the malignant and destructive tyranny of the Prince of Darkness, a more fatal delusion could hardly have possessed the human mind; a more fatal course of conduct could hardly have been pursued by Man. And yet, in all this baleful experience, in all this horrible mortality, God's benevolent admonitions have been plain and palpable and pressing; and their clear and merciful import has been—"Turn ye! turn ye! for why will ye die?" "Return to the Primitive and Divinely instituted Regimen."—"Of every tree of the garden—of every tree of life—every tree which bears life-sustaining fruit, eat freely; but eat not, touch not the fruit of the tree of death!"

The plague, the cholera, the various epidemics—all the forms of pestilence that have scourged the earth, have distinctly and unambiguously uttered the same admonition. But the heart of Man has been too fat; his whole nature has been too deeply sensualized to perceive and understand and obey the true teachings of his calamitous experience; and, consequently, he has been confirmed in his delusion, and impelled precipitately down the steep place of destruction, rather than convinced of truth, and converted to the way of life, by the scourgings he has received, and the tribulations he has endured.

Twice, at least, has that form of disease, denominated the *Cholera*, been generated and propagated over the human world, destroying millions of lives—not by its own absolute morbid and pernicious energy, but by the fatal delusion, and error, and madness, which it has occasioned; and yet men remain as ignorant of the nature and causes of this disease, and of the true means of remedying and preventing it, as they were when it was known only in sporadic cases half a century ago. And consequently every preposterous theory, every absurd hypothesis, every erroneous conjecture has been conceived and adopted, in preference to the simple truth, which is rejected and condemned as most incredible and fatuous falsity. The atmosphere, and the earth, and the fruits of the field and of the garden are, each of them, accused of hostility to man, and of being the source of the mysterious morbid and pernicious energy which constitutes the epidemic principle and fatal potency of Cholera. Yet it is certain that Cholera, in all that constitutes its primary and essential character, is one of the mildest and most easily managed forms of disease; never supervening upon the healthy and unimpaired energies, and normal condition of the human organism, and taking place only where protracted or violent abuses have tortured the body into a preternatural susceptibility to its influence and action: and never proving violent and fatal, except when exasperated to vehemence and mortality by the outrages which are committed on the important vital tissues which more especially and immediately constitute its seat.

In short, everything in the nature and causes

NOTE. From an Address before the Agricultural Society of Hampshire, Hampden, and Franklin Counties, Mass.

and history of epidemic Cholera, when rightly understood, admonishes man to return to the primitive regimen which the Creator prescribed for the human kind, when He formed the first of our species of the dust of the ground, and placed him in the garden of Eden, to dress it and to keep it.

Yet everywhere, during the prevalence of the epidemic, both in the form of Cholera and of dysentery, the universal cry has been "Eat not of the trees of the garden, nor of the fruit of the field! Beware of strawberries, cherries, currants, and other fruits! Touch not the radish! Touch not the cucumber! Let your diet be nourishing and generous, consisting mainly of beef and mutton, and bread, and rice, with tea and coffee, and wine and brandy."

The just reply to this, is couched in the ancient Pagan proverb: "Whom the Gods will destroy they first make mad." For, though, when from other causes a Cholera *diathesis* or dysenteric *diathesis* has been induced in the human body, the eating of radishes or cucumbers, by persons accustomed to the use of animal food and stimulating and narcotic condiments and beverages, may occasion the development of that diathesis into the active manifestations of disease, yet never, since God created Man, did the eating of fruits, or cucumbers, or radishes, or any such edible and succulent vegetables, produce either a cholera or dysenteric diathesis in the human body. Even the greenest fruits that abortive fall, worm-blasted, from the trees, if eaten freely, whatever other mischief they would produce, would serve to generate such a diathesis almost infinitely less than the "*generous diet*" which has been prescribed and used to prevent the cholera and dysentery.

Not only the brandy and wine, the beef and mutton of the prescription, are powerfully conducive to such a diathesis, but even the rice and bread, too nearly approaching purely concentrated forms of nutrient matter, contribute largely to the same effect. And there are profound physiological reasons for believing that the too exclusively subsisting upon rice has been an important, cumulative, procuring cause of the existence of endemic and epidemic Cholera in India. However this may be, it is nevertheless certain that, in diarrhœa and dysenteric affections, rice, though almost universally prescribed, is a morbid rather than a therapeutic kind of food. Not because it is poisonous, but solely because it is too highly nutrient, too destitute of succulent and nutritious matter. The same is true of bread, especially that made of superfine flour; and even that made of the whole substance of ground wheat, though incomparably more wholesome than the former, is still, as a general rule, when taken as a sole article of food, not so conducive to the highest and most permanent state of health, vigor, and activity in all the faculties of the human system, as a diet consisting largely of fruits and succulent vegetables, which contain a much smaller proportion of nutrient matter.

Incredible as it may seem to an error-stricken

world, yet it is entirely certain that an individual laboring under chronic diarrhœa, whether recent or inveterate, will more surely and speedily recover health on an exclusive diet of boiled green corn or raw cabbage, than on one of boiled rice or fine bread.

It is not here asserted nor implied that no disorder can be produced by the dietetic use of fruits and succulent vegetables; but it is boldly and confidently affirmed that they who abstain from all kinds of animal food, from all intoxicating substances, and from all pure stimulants, may "feed themselves without fear," on fruits and succulent vegetables, with the fullest assurance that, whatever temporary disturbances may be produced in the alimentary cavity, by an excessive or irregular use of those kinds of food, yet, unless they are themselves diseased, and thus rendered noxious by an ungenial soil or season, they will never generate either a cholera or a dysenteric diathesis. On the contrary, a free use of them is one of the surest ways of preserving the body from the accession of those forms of disease; and even an excessive use of them, producing frequent turmoils in the alimentary cavity and largely aperient effects in the bowels, is far more safe during the prevalence of an epidemic cause of cholera or dysentery, than an entire abstinence from them, and a restriction to a diet of beef, mutton, bread, and rice.

These things are not rashly thrown out as the offspring of fancy and conjecture; but they are deliberately and solemnly presented to the serious consideration of intelligent, moral beings, as the mature results of long and diligent and careful and conscientious investigation and research. They are founded on well-ascertained principles of physiology and pathology, and confirmed by large and accurate experience, and may be relied on with all the confidence that is demanded and justified by scientific demonstration.

It is most certain that everything in human experience, throughout all the generations of mankind, relating to human life and health and disease, when rightly understood, testifies in favor of the Divinely appointed regimen of Eden, and admonishes man to return to it.

God made Man to replenish the earth and subdue it; but man hath ravaged and devastated it.

God made Man to till the ground, and to cultivate "every herb bearing seed, and every tree in the which is the fruit of a tree yielding seed," for his food; but Man hath made the earth a great field of carnage, and covered it with the machinery, and implements, and munitions, and trophies, and calamities of war, and bloodshed, and violence, and hideous atrocity.

God made Man to cultivate the whole earth into a garden; but Man hath converted it into a Golgotha. God made earth for an Eden; but Man hath made it an Aceldama. And, beyond all question, the primal and perpetual source of these enormities and calamities has been the breaking away of Man from the primitive dietetic regimen constitutionally established in the

nature of things, and divinely prescribed for all the human kind, and the depraving, sensualizing and brutalizing of himself by devouring intoxicating substances and the flesh of animals.

Pure Reason acknowledges these truths, Science demonstrates them, True Religion teaches them, God enjoins them, and the inflexible laws of Nature inexorably enforce them. And what do we, as intelligent, moral, responsible beings, come together on this occasion for, but to grow in the knowledge of the truth, that we may better understand and obey the requisitions of Heaven upon us, as Heaven-appointed tillers of the ground, in order to fulfill the glorious purpose of Divine benevolence in the highest good of Man?

Let us, then, in obedience to the concordant teachings of the Word of Inspiration, of Divine providence, of Human experience, and of Natural Science, forever abandon the carnage of the battle-field and the shambles of the slaughter-house, and beat our swords into plowshares, and our spears and our butcher-knives into pruning-hooks, and give ourselves, in peace and purity and perpetual devotedness, to the primitive and most natural vocation of Man, "dressing the garden and keeping it;" making Earth an Eden of fruits and flowers; cultivating "every tree that is pleasant to the sight and good for food," and every herb bearing seed—every form of vegetable substance comprehended in the true import of the *ets ha' hayyim* of the Hebrew text—the life and health sustaining products of the vegetable kingdom.

It is cheering to the heart of the enlightened philanthropist, to observe how rapidly correct views and sentiments in relation to the agricultural calling of man are advancing in the civilized world. Never before, since man expelled himself from Eden, has there been so general, so earnest, and so effective attention given to the cultivation of fruits. And yet we have but just entered upon the experiment of developing the capacities and resources of the vegetable kingdom. We know what *has been* accomplished; but God only knows how much yet remains unimproved and unexplored of that field of human effort and achievement which He originally defined, when he said to Man, "Replenish the earth and subdue it."

It is a beautiful truth, that God has capacitated man for the performance of no labor which, in itself, affords him so much enjoyment as the cultivation of fruits. Every tree he plants, every scion he ingrafts, every bud he inserts, becomes a nursling and a fondling of his heart, and he watches its putting forth, its growth, and development, and beholds its first blossoms and its first fruits, with a pleasure like that which a fond mother feels in fostering a beloved child. But, as the mother who merely gives birth to her children, and leaves them to be fostered by a hireling nurse, experiences little of the heart-thrilling pleasure of maternal fondness, so the husbandman who hires or suffers others to plant his trees, and graft and inoculate and dress and

foster them, knows little of the cordial pleasures, the peculiar and even exquisite delights which he enjoys who does these things with his own hands, and gives them the attention of his own mind, and makes them the object of his own care.

It was in the warm depths of the souls of men of this last description, in very early times, when the energy of the instincts exceeded the intelligence of the mind, and the religious sentiment was more powerful than the theological idea was clear and accurate, that the conception originated of offering the "first fruits" to Deity, as the most acceptable oblation with which the tiller of the ground could propitiate his God, and secure a blessing upon himself and his labors.

PHYSICAL EDUCATION. WITH ILLUSTRATIONS.

BY T. ANTISELL, M. D.

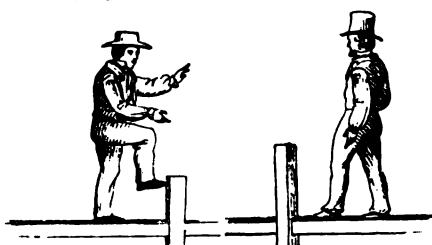
To the question promptly put, "What are the uses of the muscles?" the ready answer would not doubt be, "To facilitate the movements of the body." Such a response would, however, express but partially and inefficiently their total purpose. The bony skeleton cannot stand of itself—its centre of gravity is not immediately over the point of support, and to keep these in due relation requires the active exercise of muscular fibre; so that to be at rest as well as in action requires that muscular power be called into play; when, in the erect posture, the body is not perfectly free from motion, but is accompanied by a staggering, which is the more marked as the person may have less strength and vigor. This tendency to sway about is very evident in the efforts of the young child to keep its body over its feet. These constant oscillations, though but slightly distinct in a man who stands upright, depend upon the incapability of the extensor muscles to keep up a constant state of contraction, so that they become relaxed for a short time; and in proportion to the weak state of health, so will be the frequency of the intervals of rest. The extensor muscles lie generally on the posterior part of the body and limbs, and in proportion as these are powerful and well-developed, so will be the capability of the subject to resist the fatigue of standing.

Some writers have given a very inaccurate and erroneous idea of standing, by making that attitude depend on a general effort of the muscles; while in truth it is only the extensor muscles which are engaged in it. The flexor muscles (those mostly situated on the forepart of the body and limbs), so far from assisting, tend on the contrary rather to produce a disturbance of the relation between the bones necessary to render that state permanent. It is for this very reason, namely, that the act is solely produced by one set of muscles, the extensors, that standing is so much more fatiguing than walking, in which both the extensors and flexors of the limbs are in alternate action and rest; for this reason also the child more frequently falls forward than backward in attempting to walk, and

the drunkard is generally doubled forward and tends to fall in that direction from want of the counteracting efforts of the extensors over the flexors.

In age, when atrophy of the muscles commences, the extensor muscles seem to lose their contractile power first; hence the inability to stand upright, and to keep the limbs firmly pressed against the ground. The flexors have now the superior influence, and from their position on the calf of the leg and on the front of the body, drag it downwards by bending the joints. This loss of power is also in some degree due to the fibre becoming soft in aged persons. This softening affects also the ligaments and the heart; producing those frequent dislocations so common to the old, and the feeble flow of the blood out of the heart.

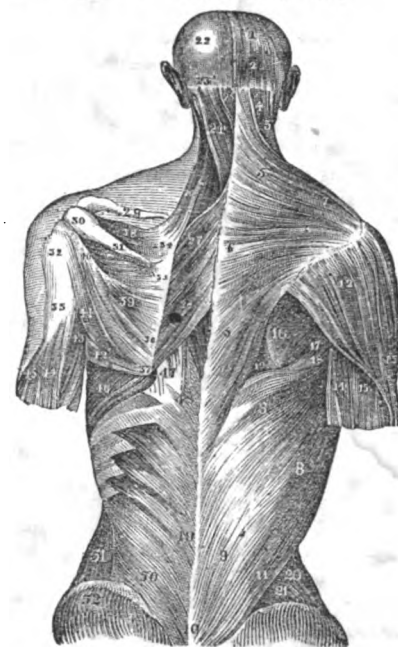
To give strength and firmness to the plant of the foot upon the ground is very desirable, and *marching*, as an exercise, contributes to this in a very remarkable degree; by it the extensors of the legs and of the back of the body are powerfully called into play. In the gymnasium the exercise of *balancing* aids the contractile power of these flexor fibres, as may be seen by the accompanying cut.



Here the muscles of the leg are called into active exertion, for the arms of the pole moving up and down compels the individual to plant his feet more firmly upon it, and to retain his hold by grasping the timber, as it were, by the sole of the foot. In balancing, as in walking, the toes require to be turned out, which increases the surface of support, and less likelihood of deviating on either side.

In that exercise, as in walking, the muscles of the back are called into action to keep the body erect over the feet. This is accomplished by the large muscles which lie along the spine on either side, and are attached to the ribs, the shoulders, and the haunch-bones; these tend to straighten, support, and draw to one side the spinal column, and to draw the shoulder and arm backward. In aged people the muscles become pale, soft, and weak, and hence are unable to support the upper part of the column, upon which the head rests. In the accompanying cut the superficial muscles of the back are given on the right side of the figure, and the deeper seated muscles upon the left; among these latter, the *serratus* or *saw muscle* (fig. 49, 50), so called from the shape of its outer edge, is attached to the spine at one end and to the ribs at the other; and higher up the *rhomboid muscle* (called after its shape) is attached to the spine and the shoulder-blade. On the right side the

trapezius, or triangular muscle, is attached to the spine by its base, and has its sharp angle at the shoulder; and lower down on the spine is attached that large muscle, the *latissimus dorsi*, irregularly triangular, with its base to the spine and the apex in the arm-pit, (fig. 8, 9).



All the muscles act in two directions; that is, they can pull from either end, whichever happens to be fixed: thus, if the spine be steadied, the ribs or the shoulders will be drawn out and raised up, and if the shoulders and ribs be the fixed point, the spine will be drawn to either side; or if both sides act together, the spine will be made straight.

All these muscles are called into play while standing, in order to keep the bones in as erect a line as possible. This line we have already remarked to have more tendency to fall forward than backward. Nature has directed the motions of the hands in the same direction, which are carried forward to break the force of the fall, to prevent too violent a shock being received, and to lessen its effect.

The wading birds are perhaps the only animals which do not exert a muscular effort in standing, for they remain so a long time without effort, by means of a peculiar contrivance in the articulation of one of the leg-bones (*tibia*) to the thigh-bone. All other birds, however, are obliged to use muscular exertion while standing, except during sleep.

The majority of the muscles of the back having one insertion into the spine, and being capable of pulling it to one side, provided the other end of the muscle be fixed, it may be easily understood how possible it is to have a curved spine produced by over-action of one arm; this occurs with tradesmen who wield heavy hammers and turn large wheels. The other side of the body requires to have its muscles called into exercise, to prevent the excessive strain of its antagonists.

Walking brings into play all the flexors and extensors of the lower extremities, as well as those of the lower part of the trunk; on this account it is an exercise only for those portions of the body, and is full exercise for those who employ the upper part of the trunk and the arms at some mechanical employment; but it is such for those only; for those who are sedentary, and not mechanical, it is quite insufficient for the purposes of health. It is not exertion enough for these, and requires to be combined with some movements which will engage the upper part of the body, as dumb-bells, rowing, or fencing, &c.



In walking, the upper extremities are exercised a little, the arms sweeping about and balancing the body. This, as well as the general action of the muscles engaged in exercise, is shown in the accompanying cut, where the flexor muscles are displayed on the front of the body, they being those which are primarily engaged in the act of raising the limbs. Thus the strong *rectus*, or straight muscle of the thigh, marked *b*, which is attached above to the haunch-bone, and below to the knee-pan, contracts, as, in the act of raising the foot to step forward, the knee is pulled upward, because the hips are steadied, and the muscle has no power to move them; it raises, therefore, the bone attached to its other extremity, and the foot, with the aid of other muscles of the thigh, is elevated.

It is, however, still directed with the toe downward, and the sole backward; to bring the foot forward, the knee now becomes a fixed point, and the muscles which run from it down to the toes contract in their turn, and thus bring the toes upward and forward, making the foot take an arched sweep in the same direction. The

leg is now straight, and the toes pointed forward; to complete the step, the flexors cease to act, the extensors of the thigh commence to contract, and pull the limb downward to the ground, which it reaches considerably in front of the other leg, and thus a step in advance has been made. For every step similar motions require to be made. It has been mentioned that to raise the limb, it is necessary to fix the lower part of the body stationary for a moment. This is accomplished by the aid of the *rectus*, or straight muscle of the abdomen, marked *i*, which contracts and tends to pull the bones of the pelvis and hips forward and upward; it thus antagonises the muscles of the thigh, which would tend to pull them down, and by these opposing forces, the part becomes steady and fixed. These muscles of the abdomen, in their contraction, narrow the capacity of the intestinal cavity within, press upon the bowels, and stimulate them to increased activity. This gentle and constant force is very beneficial to health, contributing to hearty digestion by propelling the food forward through the alimentary canal, and tends very much to remove torpidity of the bowels. Almost all females, and others who do not walk, suffer exceedingly from costiveness, for which this kind of exercise and horse-riding appears to be the most natural remedies.

From the oblique position which the neck of the thigh-bone has with regard to the socket in which it rests, the body has a continual tendency to oscillate laterally, or to make the person walk zig-zag. This is, in some degree, checked by the balancing of the arms, the effect of which is to throw the body in the opposite direction; the body is then between two impulses equally balanced, and, as a result, it takes for its direction the *diagonal* of the parallelogram, whose sides are represented by these forces. It is difficult to teach a child to walk in a straight line, and for the drunkard to keep one, because he has lost the power of balancing himself. In fact, we are always deviating from a straight line in walking; and if the sight did not enable us at a distance to see the object toward which we were moving, we should go widely from it. When a man with his eyes blindfolded is placed in the centre of a square field, he will always, in his attempts to get out,—and supposing that he is moving in a straight line,—make for one of the corners. In departing from the straight line, we generally deviate to the left side, the right lower limb being the stronger, carrying the body round toward the opposite side. The lame person departs still more from the straight course, and inclines toward the side of the shorter leg.

The breadth of the feet, and the holding them somewhat apart, gives more stability and firmness to the gait of the walker; hence the gait of a woman, from her having smaller feet, is less firm; and when nature is lessened by art, as in the foot of the Chinese woman, the hobbling step, necessarily produced, is as unnatural as it is ungraceful. The arching of the sole of the foot adds much to the steadiness of walking. Men

with flat feet are always bad walkers, and when this defect is very considerable, it is viewed in many cases as sufficient to render a man unfit for military service.

Thus much having been premised concerning the mechanism of walking, and the muscles engaged therein, it may be perceived that, as an exercise for health, it only calls into play the lower limbs and the abdominal cavity; it scarcely influences the stomach, except indirectly, the lungs to a small extent, and the arms still less; for these parts, other exercises are required.

In female boarding-schools, where walking is the only exercise between periods of study, the upper part of the body never obtains an opportunity of being exercised; the arms and bust never attain their development, and health, as a whole, is not fully enjoyed; the stiff and prim street walks are valuable as so much air, rather than exercise; and girls, so trained, will never possess the robust health and full figure of those who are allowed to romp for a while, and enjoy the *abandon* so natural to those of that age.

The art of walking being one which calls the abdominal muscles into play and facilitates digestion, it appears a natural result that a walk should not be taken when there is *nothing to digest*; in other words, when the stomach and alimentary canal are empty: it is like giving a stimulus to a part which has no office to perform, and which, when repeated, can only end in fatigue of that part, and render it incapable of doing its office when called upon by necessity. We see this reasoning borne out by fact: long walks *before breakfast* are unhealthy, though a popular prejudice exists to the contrary. There is no doubt that exercise *in the morning* is natural and healthy, but it should be after a meal: digestion is then made to be performed both effectually and rapidly. There is then never felt that languor and corporeal incapacity for exertion, which at noon seizes those who have exercised much before breakfast. Many women persist in this practice from mistaken notions, and the total prostration of strength, and occasional faintings which come on in the afternoon, are looked on as fresh causes for following out the injurious practice, when in point of fact they are manifestations of the injury which the system sustains from pursuing it. Nor are women alone subject to it; in all large cities where dyspepsia is so prevalent, the majority of the male inhabitants cannot with impunity exercise on an empty stomach; the shock is too great for an enfeebled digestive organ to endure.

Unless the person be a practiced pedestrian, walking for exercise should not be pushed to the extent of being severely fatigued, as muscles do not recover from irregular exercise so rapidly as when that action is frequent. Short walks through the day are more conducive to health than one long walk, although the distance traveled be the same. This practice should be pursued in all seminaries, as it gives the same amount of air and exercise, with less fatigue. Health should never be made subservient to study, but the reverse.

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THE RESPONSIBILITY.—It has been supposed by some of our readers, that Dr. Shew was responsible for everything which has appeared in the WATER-CURE JOURNAL. To correct such erroneous impressions, we will here state that he is responsible for that *only* which appears under his own signature. THE PUBLISHERS are alone responsible for that which appears *without* the name of the writer.

OUR NUMEROUS CONTRIBUTORS will answer for themselves, each of whom entertains views and opinions of his own. Nor are the publishers expected to *endorse* all they print, as every medical man, and all systems, are allowed a place in the WATER-CURE JOURNAL. We believe it well, to "PROVE ALL THINGS," and hold fast *only* "THAT WHICH IS GOOD."

FEBRUARY TOPICS.

BY R. T. TRALL, M. D.

CHOLERA IN CALIFORNIA.—As was predicted, the ravages of disease have succeeded the rush of emigration to the Land of Gold. San Francisco has been plunged in mourning, and Sacramento City nearly deserted. The "fell destroyer" has been there. But why? Has God exercised a "special providence" of wrath? Has Satan been privileged to reign awhile at that particular point of earth's periphery? Is the earth itself there peculiarly pestiferous, or the skies redolent of death? No, no, none of these.

Yet there is a cause for cholera on the Pacific as well as on the Atlantic shore; and the cause in one place is precisely the same as in the other; and the reason why we undertake, at this time, to make the California cholera an item in our "line upon line, and precept upon precept," as regards this malady, is because events at a great distance, in a new country; a point to which the especial attention of the world of mind—rather the mind of *this* world—is now directed, strike us more forcibly than equally important occurrences at home. Not that cholera and death there are any worse than cholera and death here, nor cholera and death here any more to be deplored than deaths from consumption and convulsions, which yearly add THREE THOUSAND to the *premature* population of the grave-yards, from New-York city alone; but the occasion is a fitting one to point a moral and re-enforce truths as important as life is precious—truths which, understood in the mind, and practised in the life, would cause cholera, and consumption, and convulsions, to be "known no more forever" amongst civilized people.

We have often asserted, indeed, as we think, proved, that cholera can have no existence among those whose physiological habits are correct. We believe further, that it is in the power of all persons, at all times, and in all places, so to control their voluntary habits, as to avoid this or any similar pestilence. True, all persons cannot always avoid the producing causes of all diseases,

but cholera is not among the necessary casualties of life. It is only developed in persons who have been for a considerable time accustomed to *bad living*—by bad we mean grossly unhealthful. This bad living may prevail in the princely palaces or miserable hovels of New York, or in the hotels or shanties of the mining regions. It is of course granted that the inhabitants of California are subjected to many unavoidable disease-producing influences. They may suffer from irregularities and exposed habitations, be chilled with vicissitudes of temperature, starved with deficient food, or be rendered plethoric with repletion; yet these alone would not produce cholera.

Before cholera can be developed, whatever may be the predisposing or exciting causes, there must be a morbid condition of the body. Among the causes which produce this condition, may be named, in the order of their potency: 1. Bad food. 2. Spirituous liquors and tobacco. 3. Suppressed perspiration.

Bad food includes an extensive catalogue of much-loved dishes; but those kinds most conducive to the cholera diathesis are salted and stale flesh or fish, and concentrated farinaceous articles. Old pork and fine flour are fair samples, and the most prominent examples of this class. The farmer verily believes he cannot labor well without salt pork; and his only argument is, he has never tried it. He is utterly ignorant, perhaps, that the amount of labor required to produce one pound of swine-flesh, is sufficient to produce half a dozen pounds of much better nutriment. The miner, with from half to a quarter the expense requisite to supply himself with what he considers necessary provisions, could be sustained on good and wholesome aliment. Both labor under the sad delusion, that the finer and more concentrated is the flour, the more rich, nutritious, and life-sustaining. And this delusion is kept up by the writings, teachings, and prescriptions of the great body of the medical profession, who, like blind leaders of the blind, are continually tumbling into the ditch with their patients.

The immense exportation of New-England rum, and New-York brandies, and Philadelphia porters, and Albany ales, and other "favorite brands" of intoxicating poisons from other commercially enterprising cities, has done its share of the work of getting up a cholera pestilence in California. And, no doubt, inattention to personal cleanliness—allowing the skin to become clogged up with viscid perspirable matters, so that the body is in a state of incipient putrefaction from its own retained excrementitious particles, is an efficient co-agent.

These, or similar things, we may say, are the essential causes of cholera everywhere; and they are everywhere avoidable. And if these things are so, it is certainly of some importance to the world to know it; and if they are not true, we ask the medical profession, and all others holding positions as teachers in society and leaders of the multitude, to show the contrary.

It is the great error of the medical profession, that their energies of mind are so occupied in seeking destructive drugs to destroy diseases, that they give little attention to hygienic agencies to preserve life; else, instead of parading their ozone, and animalcular, and electro-magnetic nonsense

about the causes of cholera before the public, and discussing sulphur pills, charcoal powders, saline injections, opiate enema, and "personal communicability," in their academies, they would long ago have found, in the voluntary habits of mankind the explanation of the phenomena, and in hygienic agencies the materials for the cure of the cholera.

NON-MEDICAL NEWSPAPERS.—Popular newspapers are not always sufficiently cautious respecting the character of the articles they extract from medical and scientific periodicals, and commend to their readers. They are too apt to take it for granted that whatever originates in medical journals of decidedly orthodox character, must of necessity be sound. Therein they often mistake, and become the mediums of disseminating false doctrines and injurious practices; for, of all the blundering and speculative literature of the day, that called medical is the fullest of egregious nonsense and palpable absurdities. We have a case in point.

A few months ago, the Boston Medical and Surgical Journal, for the manifest purpose of throwing a block in the way of hydropathic progress, came out with a foolish attempt at an argument against frequent bathing. The article was perfectly silly to every tyro in physiology, and bore on its face the unmistakable marks of inherent absurdity. So it was pronounced in this Journal at the time, and so it was characterized by many of its exchanges, some of which ridiculed it as it deserved.

But, notwithstanding its own palpable foolishness and the prompt dissection its logic received at the hands of its contemporaries, it has found its way into some fifty or a hundred newspapers, not only without criticism or contradiction, but even it has been puffed for its *reasoning* and *ability*! The following, which occupies a conspicuous place in the editorial columns of a country newspaper, is a fair specimen of the numerous commendations it has received.

BATHING.—An article, very ably written, in the last number of the Medical and Surgical Journal, strongly argues against the too frequent use of the bath, and the writer is of the opinion that a bath once a week is more healthful in its tendencies than the application of water once or twice a day. He says that flannels worn next to the skin are infinitely more beneficial to the health than all the daily baths which have become so fashionable. His arguments are sustained thus: "The oil which is secreted by the sebaceous glands of the skin, serves the purpose of lubricating its surface. Now if the secretion is constantly removed as fast as exuded, its destined object is thereby defeated. The excretory ducts of the perspiratory glands and the glands themselves, require this unctuous matter of the skin to keep them in health and action. If very frequent bathing of the whole body is practised, it must be obvious that this matter cannot be long present to perform its office. As to the assimilation of functions of the skin and lungs, it will be apparent, that when the skin acts imperfectly, or ceases to act at all, the lungs have an extra amount of duty to perform; and it is generally in such cases that engorgement takes place, constituting inflammation or pneumonia."

Now we respectfully remind and most positively assure all non-medical newspapers, that, in all of the above "strong argument," pertaining to the functions of the skin and the practice of bathing, *there is not one syllable of truth*; and we stand pledged to prove it to the satisfaction of every

reasoning and thinking man, woman, and child in the land, whenever the writer will undertake to show, by any evidence except his own assertions, that there is *any* truth in it.

The application of common sense to the explanation of a single familiar fact, is a sufficient refutation of the Boston man's philosophy. Everybody (excepting, perhaps, the writer of the above "argument") knows that it is a common practice with *many* persons to wash the hands and face several times a day, and rub them, too; so that the "oil secreted by the sebaceous glands" gets rubbed off continually; and everybody knows, too, (save and except as above,) that the hands and face are the least liable to disease of any parts of the body. Will not the papers alluded to do their readers and the cause of truth the justice to publish both sides of the question?

ANOTHER STRONG ARGUMENT.—The Boston Medical Journal is republishing Dr. Dick's "Alphabetical Notices of Subjects Connected with Dyspepsia." To show how directly and practically useful to the people such medical writings are, we take the following directions for obviating the unpleasant effects of milk, in cases where it appears to disagree with dyspeptics:—

"There are various modes of avoiding these effects. 1. We may dilute the milk with water. 2. Boiling the milk seems to lessen the chance of its deranging the stomach. 3. *Adding a little brandy* to it has the same effect, and is perhaps the most eligible amendment."

That is a *very* strong argument. Brandy will have the same effect as *boiling* the milk, or diluting it with *water*, but is "the most eligible!" Of course it is; we can't say a word.

NEW METHOD OF DOCTORING INFLUENZA.—Wonders will never cease—in fact they are every day growing more wonderful. Allopathy is a system of wonders unfathomable and unaccountable. Every publication of the school we open exhibits a wonderful progress from bad to worse in the treatment of some disease or other. The last New Orleans Medical Journal gives us "a novel and efficacious method of treating influenza," by Dr. John B. C. Gazzo. It consists in applying hot tincture of iodine to the throat until the skin becomes red. This, we are told, is sure to arrest the disease at once. But the following directions in case of a failure, which is allowed to be possible, look somewhat ominous and dangerously bloody:—

"When the suitable application of the tincture of iodine and water, in the manner above recommended, does not produce well-marked and evident relief at the end of twenty-five minutes, then nothing more can be expected from a longer perseverance in its use, and the increasing cough, hoarseness, anxiety, and dyspnea of the patient must be met by other means. In such cases, I would advise the instant abstraction of blood from both arms; if the iodine fails to give relief, then more blood may be taken from the jugular veins."

Four streams of blood, one running from each arm, and one from each side of the neck! Why not cut the patient's throat, and have done with it! Cold wet cloths to the neck, frequently changed, and the rubbing wet sheet, will cure all influenzas, and save all the trouble of this burning and butchering business.

A MARVEL EXPLAINED.—A medical correspondent,

writing from Rome, relates the following circumstances, which he finds it impossible to account for:—

"The Midwifery Hospital, San Rocco, is very small, containing from twenty to twenty-six beds only. All women, whether married or not, are admitted if the case be urgent, but they are not allowed to remain, on an average, more than five days. The children are deposited in the asylum of the Pia Casa. If any faith is to be placed in official returns, the practice of this hospital ought to be a model for all Europe, inasmuch as only eight deaths occurred in 1,658 cases, admitted during the ten years we have taken for our statistics. A mortality of 0.47 per cent. is a result which surpasses anything we have been accustomed to from the records of other obstetric hospitals. The cause it is impossible to discover, for the hospital doors are closed against the profession as well as the public. How the art can have arrived at the perfection inferable from the mortality just alluded to is the greater mystery, because the Roman accoucheurs are the worst instructed in Europe. Until he has taken out his degree, no student knows anything of obstetric practice beyond what he can learn on the manikin."

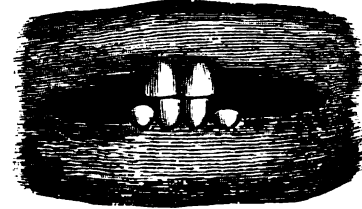
In the above statement are three important points to be reconciled. 1. A less number of women die in childbirth in the San Rocco than in any other hospital in Europe. 2. From this hospital the *medical profession is excluded*. 3. The Roman accoucheurs are the worst instructed in Europe. Now for the solution of the mystery.

The Roman accoucheurs, being confessedly ignorant, would naturally be little employed, and hence the process of child-bearing would be left to nature instead of art; and all history proves that nature has always done this part of her work much better without the doctor's interference than with. Then the doors of San Rocco are closed to the profession. Of course, their bleedings, and opiates, and chloroform, and ergot, have no chance at all to kill, as they certainly do now and then in hospitals where the profession has charge of the cases.

In corroboration of this view, we can refer to historical data nearer home. Mrs. Wiat, who died at Dorchester, Mass., in 1705, at the age of 94, acted midwife in more than one thousand cases without losing one. Mrs. Whitmore, who died in Marlboro', Vt., near the close of the last century, aged 87, officiated as midwife at more than two thousand births, without losing a single patient. Mrs. Elizabeth Phillips, who came to this country from London in 1719, and died in 1761, aged 76, at Charlestown, Mass., attended above three thousand women in confinement; and we have no record left of any fatal accidents or disasters in her practice.

Dr. S. O. GLEASON and his amiable wife have located at the FOREST CITY WATER-CURE, at the head of Cayuga Lake, near Ithaca, in Tompkins county. This is a healthy region. Yet sick people may be found, even here. And none more competent or willing than the doctor and his lady to relieve them. We cannot conclude this brief paragraph without wishing them much joy on account of their beautiful—of course—"Christmas present," namely,—"A DAUGHTER." May she prove, if possible, an improvement on the "first edition." Were it not too late in the season, we would wish the stranger "A HAPPY NEW YEAR."

DENTITION; ITS DISORDERS AND REMEDIES. BY B. F. MAGUIRE, DENTIST.



THE TEETH.

When dentition, or the first growth of the teeth, takes place in a truly natural and healthful state of the system, no inconvenience or symptoms of disease whatever are experienced. In the animal creation we see no trouble arising from the eruption of the teeth in the young. Thus would it be with the HUMAN ANIMAL, if the laws of nature were obeyed.

Dr. CULLEN did not allow dentition to enter into the list of diseases: and this was on the supposition that the process of teething takes place in a safe and easy manner, and without pain or irritation of any kind. But in many cases, and perhaps a majority, in "refined and intenerated" society, there is more or less of the symptoms of disease experienced; and in many instances these become alarmingly severe and complicated, and not unfrequently terminate in death. A knowledge, therefore, of this process is necessary to all mothers, as well as to all well informed dentists. I know it may be said that the physician is oftener consulted, and is the proper person on such occasions; still the dentist is not unfrequently called upon in these emergencies.

The period in which irritation and constitutional troubles are most liable to be experienced by the child in teething, is that in which the protrusion of the primary teeth first takes place.

The immediate or proximate *causes* of this irritation is the pressure of the teeth upon the gums; but the remote cause is to be looked for in the constitution of the child. We know that through various voluntary habits the constitution may be modified to almost any conceivable extent. Thus a beer drinker, of general bad habits, in the city of London, is found to suffer vastly more from any wounds, or mechanical injury, than others, whose habits are more in accordance with nature; so much so, that a very trifling injury, or surgical operation, is sufficient to inflame the system, and in a short time to destroy life. On the same principle, we find that those children who are carefully reared according to the principles of sound philosophy and hygiene, are less liable to experience inconvenience or symptoms of a morbid character during the period of cutting teeth.

The earliest and most common symptoms of irritation from teething is manifested by the child grasping the nipple more loosely than ordinarily. At the same time it lets go its hold frequently, and commences crying, as if it were pained by the effort of nursing. The salivary glands, partaking at the same time of the irritation of the gums, throw out their peculiar fluid more copiously than usual. In such instances the uneasiness of the gums is found to be relieved by rubbing them with the finger, and more particularly if it be wet with cold

water. Rubbing them also with any hard substance, such as coral, a gold or ivory ring, pleases the child under such circumstances, which is an indication of the relief given.

Some writers have objected to this use of hard substances in rubbing the gums. It has been said that the instinct of animals leads them to exercise their budding teeth, not on bones, or stones, but softer substances. In accordance with this view, marsh-mallow, liquorice root, and wax candle have been recommended, instead of coral, and the like hard substances. In this country we often see them given what is called the sugar-teat—a piece of sugar tied up in a rag. Such a practice may serve to keep the infant quiet at the time, and save the mother or nurse some trouble; but the gastric derangement, the bowel complaint, and other constitutional disturbances they cause, are but poor compensation for the temporary relief thus obtained. If mothers could but rightly understand this matter, they would never resort to any such practices, since they must necessarily cause them more trouble than in pursuing a judicious physiological management. That course which tends to the best development of the general health of the infant, is always the one attended with the least trouble.

The usual symptoms of morbid action arising from teething are, pain, redness, swelling, and heat of the gums. The flow of saliva also occurs in most cases. At the time, the gum is often extremely sensitive, and, instead of being relieved by the pressure of a hard substance, can scarcely endure the slightest touch of ever so pliable a substance. The base of the gum is florid and distended, but pale and white at the edge; when the tooth is on the point of protrusion, it appears sometimes as if covered with a flat and whitish blister.

In connection with the constitutional symptoms, there is sometimes an eruption of scabby or scaly appearance about the lips and head; there may also be an inflammation of erythematous appearance behind the ears.

TREATMENT.—The grand point, of course, is to moderate the local irritation.

This, nature herself often accomplishes, by the free discharge of saliva that takes place, and by the diarrhoea that accompanies the affection. The diarrhoea may indeed become complicated, and too severe; but that it is often a healthful effort of nature to rid the system of inflammation, there can be no doubt. But if the parent attempt to interfere with this discharge of the bowels, by administering magnesia, ipecacuanha, calomel, rhubarb, chalk mixtures, and the like, he is far more liable to do harm than good. Even the beef tea, rice and milk, arrow-root, and the various mixtures that are substituted for the natural food of the child, are detrimental in these cases. A judicious use of WATER TREATMENT is far better than drug treatment.

The water treatment has this advantage, too, of being very simple. To keep down the morbid or unnatural heat, take the infant often into the open air, keep it from overheated and illy ventilated rooms, and nurse or feed it judiciously: these means persevered in faithfully are the best possible means to enable a child to pass safely through this most trying of all periods.

In conclusion, I will say a few words on gum-

cutting, or rather lancing the gums. In some cases it may be beneficial, and even necessary; yet, as a general thing, let nature do her own work; she works by laws unvarying, immutable; and in relieving or assisting her operations, be careful you do not retard them. We should first seek to understand the *cause* of the disease, and the *effect* of the remedy, before we attempt to apply it. In future articles we shall give directions for the TREATMENT AND PRESERVATION OF THE TEETH, with engravings.

No. 2 Union Place, N. Y.

RATIONALISM.

BY T. L. NICHOLS, M.D.

I believe in the right and the virtue of FREE CRITICISM. Entirely willing that my public acts and my published writings should be freely commented upon, and fairly judged, I take the same liberty with those of others; doing as I would be done by. In this spirit I wish to briefly examine the positions taken by my esteemed friend, Dr. Houghton, in his article entitled "RATIONAL HYDROPATHY, NOT EXCLUSIVE EITHER IN THEORY OR IN PRACTICE," in the January number of the Water-Cure Journal.

The meaning of this, as defined by Dr. Houghton, is, that rational, or reasonable hydropony, as a system of medical treatment, does not exclude the methods of any other system. On this point I take issue.

Hydropony is properly defined by Webster, and understood by the public generally, to be "the Water-cure, a mode of treating disease by the copious and frequent use of pure water, both internally and externally." It includes attention to diet, air, exercise, and all hygienic conditions.

I can go no farther than this. The application of a mustard plaster, or a blister, is not hydropony. Blood-letting is not hydropony. The exhibition of opiates is not hydropony. The giving of calomel, or quinine, or arsenic, is not hydropony. Certainly it is not rational hydropony.

Some may think these methods rational; I do not; but whether rational or not, I think it must be admitted that they are not hydroponic.

With all respect, then, to Dr. Houghton and his opinions, I assert that hydropony, and especially Rational Hydropony, is, and must be, exclusive. It EXCLUDES all the absurd and mischievous practices and medications of other schools. It is *exclusive* both in theory and practice, since it *excludes*, both in theory and practice, all the abuses and absurdities of the old medical systems. If it did not do this, it would not be hydropony. Instead of being a rational hydropony, it would be irrational, absurd, and contradictory.

If hydropony were not exclusive in theory and practice, how could it be a distinct system? In what would it differ from allopathy, or homoeopathy?

A homoeopathist, or one who calls himself such, may give crude drugs, but the giving of crude drugs is not homoeopathy, either rational or otherwise. So the hydroponist, as in the case of Dr. Houghton, may give drugs, and apply other allopathic remedies. I do not deny his right to do so; but the giving of drugs, and the application of

mustard poultices, is no part of hydropony—certainly no part of a *rational* hydropony.

I know that several professed hydroponists are in the habit of resorting to drugs, some giving them in allopathic and some in homoeopathic doses. They do this either because they do not know how to use the water so as to produce the desired results, or because they do not find it convenient. I do not question their right to do so—I question no man's right to act according to his sense of duty, under such restrictions as the public safety may require; nay, I can conceive of a case in which I might feel myself compelled to resort to allopathic remedies, though I have never yet seen such a case; but what I insist upon is, that such remedies are not hydroponic, and form no part of hydropony. I protest, therefore, against a Rationalism, which is, upon its face, an absurdity.

Hydropony is something well defined, clear, distinctive, and of necessity exclusive. It is the WATER-CURE: and allopathy, or homoeopathy, or Thomsonianism, or eclecticism, cannot be made a part of the system, however they may be combined with it, by its practitioners.

The Hydroponic Convention, to which Dr. Houghton refers, was made up, to some extent, of physicians who follow a mixed practice, and when they subscribed to the doctrine that "water is by far the best, the safest, and the most universal" of remedial agents, they subscribed to all that could have been expected of them; but I doubt if there were many members of that convention who would contend that calomel or opium are hydroponic remedies, or that hydropony rationally includes them. A hydroponist may do many things; but his doing them does not make them a part of hydropony, any more than all a professed Christian's transactions are a part of Christianity. Even a rational Christianity will not allow its members to be Mahomedans or idolaters.

I would not have voted in the convention to restrain any member from the use of any remedy which, in his judgment, the case demanded. I freely avow that if I knew of any curative agent better or safer, or more universal than water, or more applicable to any particular case, I would use it; but I would not call the use of it hydropony: I would call it allopathy, or homoeopathy, or whatever it might be. I am entirely satisfied with the clause of the constitution quoted by Dr. Houghton; and to whatever extent a remedy is "the best, and safest, and most universal," it may, to the same extent, *exclude* such as are uncertain, unsafe, and of but partial application.

The case given by Dr. Houghton does not strengthen his position; for it was just the case in which water is the "best, safest, and most universal"—I will add, the most rapid and efficacious, of remedies. All that mustard poultices or anodynes and revulsives can do, can be better done by water; and though Dr. Houghton felt himself justified in the use of allopathic remedies, I see no sense in calling them hydroponic. These names are very well as we now apply them. Why need they be altered? Let hydropony be hydropony. Let the terms allopathy and homoeopathy designate the two systems of practice to which they are applied. The adjective *rational* cannot alter them.

I think hydropathy is rational; but destroying the whole significance of the name, by mixing up distinctive and exclusive systems, is not rational at all.

The proper name for a mixed system is eclecticism, and that is what Dr. Houghton means by rational hydropathy, provided the eclectic practitioner thinks water the best remedy, and to be used in preference to others in most cases, and when it can be conveniently applied.

A genuine eclecticism is very respectable, for it supposes candor, sincerity, and a search after truth. The trouble with eclectics is a nervous dread of exclusiveness. They forget that *truth* is of necessity exclusive of error, nor can any rationalism mix them.

After all, this may be more a dispute about words than things. I should contend as earnestly as Dr. Houghton for my right to treat a case according to my best judgment; but if I treated it allopathically, or homoeopathically, I should not consider it at all "rational" to call my treatment "hydropathy."

A LECTURE ON HYDROPATHY.

BY E. A. KITTREDGE, M. D.

We make the following extracts from a Lecture, recently delivered by Dr. Kittredge, in HORN CHAPEL, NEW YORK. We should have copied it entire had it not already appeared in other newspapers. After a characteristic introduction, the Doctor said—

Under the present prevalence of "regular practice," men, women, and children die like rotten sheep. In the little city of Boston—little compared to New York—one thousand deaths occur in a single month. Think you the great God that made them, sent them into this breathing world to be cut off from usefulness in this wholesale and summary manner? These awful facts are what the people want. Let the facts of Hydropathy be set side by side with those of Allopathy, and I will risk the judgment that will be decreed by the public. I tell you the facts would stare you in the face with an irresistible difference in favor of Hydropathy. Where is the town, where Hydropathy is at all known, in which you will not find wonders almost incredible resulting from its application. The simple wet sheet, that great bugbear of delicacy and sensitiveness, is a mightier instrument than ever was the lancet, pill-box, or powder; and Allopathists know it. I come not here to run the profession, and I know not whether there are any of them here. I believe the Professors themselves are infinitely ahead of their doctrines. They mean well, and think, as once thought I, that they are doing God service. What I have to say of them is simply this—it has been demonstrated that there is now a more excellent way, that has been given unto us whereby man can be restored from his fallen state; for I, and all Hydropathists, take the ground that all sickness is the result of violated law; and consequently the object of medicine is to restore men to their original normal condition. You will hear folks say that the Water-Cure is very good in certain diseases; but these diseases never happen to be the one immediately under treatment; but I say it is good in all diseases.

All that I have got to blame the Allopathic profession for, since its practice, though handed down for so many years, has proved so very generally unsuccessful, and it being demonstrated that the Water-Cure is capable of doing all that is claimed for it, is that they won't just try it. That profession which holds the lives of our fellow-citizens in its hand, it seems to me, is bound by every tie of honor to examine a system that will be likely to alleviate human suffering in any way; but no, they have not done it. They turn up their scientific noses, and pass it by as the idle wind, and say it is a popular whim, that will soon have its day and pass away. They will find themselves mistaken, for I see that water is rising every day. It is a maxim among builders to clear away the rubbish of the old, before you begin to build the new structure. This is the reason why I thus sweep away the old profession. I forsook the old way, because it failed me for fifteen

years of practice, and it failed in the hour of my greatest need. When the anxious mother and the fond father were looking up to me with confidence in my boasted instrumentalities, I found that they failed me, and I became disgusted with them. Just when I needed their assistance most, it was least likely to appear.

I do not charge against medicine that it won't do anything. *It does too much.* For instance calomel—and I don't instance this drug because it is a popular bugbear, but because it is one of the most potent medicines in the Allopathic school. It is almost sure to operate upon the liver, and will remove obstructions there quicker than any article in the world; but it produces a disease ten times worse; making the old adage true, that the remedy is worse than the disease. Look at our Water-Cure establishments. What are the principle diseases treated there? Why, chronic diseases. Who ever heard of chronic diseases beginning and becoming chronic right off? Chronic diseases are acute diseases gone to seed. The improper manner in which they are treated is what makes them chronic. Do you call that being cured, when the disease has only changed its form, and the man goes limping around, dragging his slow length along, or becomes partially blind? No, my friends, it is like that veterinary surgeon, who brought in his bill—"For curing your Honor's horse till he died: \$20."

Acute diseases are only so many crises in the order of nature—that is, we sin, and come short of our duty, and the consequence is that we go on, adding insult to injury by giving medicine; whereas these diseases are only the crises of nature, and we should let nature alone; or, as the politicians say, use a wise and masterly inactivity. If you would let nature alone entirely, the disease would work itself free. Nature is nature, and just as much manifested in man as in a barrel of beer. Take a person diseased, and go to putting irritating medicine into his stomach, and what is the consequence? Why, the whole system becomes diseased, and the case becomes aggravated to such a degree that it is impossible ever to recover from it. To illustrate: it is just like throwing gravel—my comparisons are all homely, because I am talking to homely folks—it is like throwing gravel on the railroad track to make the engine run easier.

Well, in consequence of this system being practised for ages, disease has been growing more complicated; and instead of this science diminishing disease, it is now more common, and a much greater per cent. of men die prematurely than before. Medicine failed me in the hour of my greatest need, and I was just about to give up in despair, when I heard of the Water-Cure. I have told most of you how I was brought over—by the case of a beloved child, who was sick with the measles. It came recommended to me as a complete, or at least as a decent substitute for the old profession, and I immediately availed myself of an opportunity to go to Europe and search out all about it. I returned, and from that day to this I have been trying what virtue there is in water, diet, exercise, pure air, &c. Now, my friends, I don't say this is a scientific demolition of the old house of Allopathy; I have not time to do that. I only wish to say that the old fabric had got rickety and dilapidated, and didn't bring me any rent. I don't mean in the money sense, for I had a better run of business than I ever expect to have again, as most of my friends know and can testify.

I came back from Europe to the place where I had practised, resolved to apply the Water-Cure to some of my old patrons, though it was rather late for some of them. I determined to give it a fair trial, but I hadn't the least idea that it would turn out the complete substitute that I now know it to be, and *know that I know it.* The very first case I had after I returned, was a case of severe acute inflammation of the kidneys. If there are any Allopaths here, I would call their attention to this case. I want them to judge if these things are not worth trying. They know that inflammation of the kidneys is a severe disease while it lasts. This was the most severe case I had ever been called to treat in my life. In the old way it would have taken at least a week to have subdued the inflammation. It used to be the practice to bleed in all kinds of inflammation, and bleed till you subdued the inflammation—no rule was ever given. Then what? Why then give digitalis, to reduce the circulation. Try to reduce the circulation in this underhand manner, when it is so easy to reduce it by Water-Cure! This patient happened to have faith in the Water-Cure, and submitted to everything I recommended, however shocking. I want you to understand, however, that I had my old medicines in my pocket, not dreaming that I could go through entirely without them. Well, in the very first fifteen minutes [don't talk about four hours; in all ordinary Allopathic cases it takes about four hours to make any medicine operate,] I realized, for the first time in my life, that simple water would put out fire. I wanted to hide my diminished head. Why, it

will put out fire in inflammation as well as in a barn. How queer! I gave sitz baths, wet bandages, wet sheets, and so on; and instead of waiting for a week for the inflammation to get to its height and have a decline, like the rise and fall of the Roman Empire, in four days the patient was about. "Now why is this?" I asked myself. I could not help knowing why; I had administered none of the cathartics, diaphoretics, emetics, sudorifics, nor the other 'etics and 'ifics usually given. I defy any physician to stand up here and say there is not more or less debility consequent upon these medicines. You may talk about your tonics. They produce ten times more weakness than strength. They are irritants, debilitants, and the employment of them produces nothing else but weakness. I defy the whole universe, and the New York Academy of Medicine thrown in, to deny it. Well, this is only the beginning.

But the next case was one of still greater difficulty. I know, by sad experience, the pains and horrors and writhings, and—I hope some of you have had it, so you may know more feelingly what I was going to say. This was such a case as I would once have treated with bleeding and cathartics; and what did I do? The man was writhing and twisting in agony—and why? Because he was a scrofulous man, and it was Thanksgiving time, and he had to drink something—one of those given to imbibing, going on sprees. When anybody died or got married, who was any relation to him, he would make it an excuse to get drunk. When I got to him it took four of us, all smart men—I speak only for myself—to hold him in his bed. In ten minutes I relieved him, so that he was just as quiet as the day he was born, probably more so; and he went to sleep, and in less than twenty minutes I took him out and washed him down, and in four hours he was out of the house and in his store. The Allopaths might say, if he had been let alone he would have recovered just as soon; but generally speaking, in such a case as that, the more you let the patient alone, the more he wouldn't get well.

In one of my lectures in Providence, a man of respectable standing, that is to say he had property to any amount, got up and said: "I had once nearly such a time as you have described: I had thirty doses of cathartics in me at one time." Tell it not in Gath, proclaim it not in the streets of Gotham? Thirty doses of cathartic! And to cure what? Why, bilious colic.

Now, friends, let us reason together. Forget your science and look at facts. Facts are stubborn things; and all the science in the world won't rub out one simple fact. I have stated only one side of my patient's case. Now let us have the other. Some time after this, he was taken down again with the same disease. Because I didn't go to the same "meetin'" that his boarding house people did, he sent for another physician. What did he do? In the first place he gave him a mustard emetic, which was right enough, Allopathically speaking, but it happened, in this case, that drink had done it. It is a fact that simple mustard is the quickest emetic in the materia medica, simply because it is so irritating to the stomach. Everybody thinks he must go to a doctor to get an emetic, and everybody knows that putting the finger into the throat is the quickest way in the world to vomit. The same membrane is irritated; but if the doctor you sent for should go to tickling your throat, that wouldn't do. No, no; that ain't scientific. Well, this doctor went to give emetics and cathartics, and the more he gave them the more they wouldn't operate. What was the effect? There was inflammation in the centre of the alimentary canal first, but now it had spread through the whole of the canal; and then he gave him a dose of morphia, the deadliest stimulant ever known. Who ever heard of anybody being cured by opium? To be sure it does blunt the sensibilities, like a flat-iron on the brain. But this same man, who was relieved before in ten minutes by the wet sheet, was now completely drowned in his own blood, by its pressure on the brain. A clammy perspiration covered him, and he seemed to be dying. Then it was they were reminded of a certain man who dealt in water, and who lived in the next house. They sent for me, and I knew I could raise him. I felt it in my bones. I went, and the dear little doctor wanted to know if I would stay till he came back. I agreed to do so, with the privilege of doing what I had a mind to. "But you don't mean to say you are going to put water on a man as low as that! The spark of life is almost extinct. Water will put fire out, but how to kindle fire by water—that's the question." Oh, my friends, if you only knew half as much as I do—about these things at least. I had cold water brought in, and established an express running to the well. I went to work rubbing that man in cold water. Why? Simply because I understood the Water-Cure. What was the matter? Internal congestion, so to speak. How should I apply it? Hydropathy, I know, was founded upon this great principle, that action should produce reaction. Instead of proceeding after the

manner of the Thompsonians, and thereby increasing the irritation, I began simply by making the action where I wanted the reaction. I rubbed him with cold water an hour and a half, and I assure you it was like the pursuit of knowledge under difficulties. I kept rubbing him, and by-and-by began to perceive something red. In half an hour more, the blood came to the surface, from the head and heart, and began to circulate; but I tell you what, there was some skin missing the next day. Mind that, Mr. Reporter.

Look at the different treatment in the different cases. The first time I applied the Water-Cure to him, he was writhing and tumbling on his bed, and I simply applied the wet sheet; but in the last case, when the blood was all curdled around the heart and brain, thereby preventing the action of the nervous force, if I had applied the wet sheet it would have put out the spark of life entirely. When a reaction took place, and a circulating of the blood was established, I wrapped him up in a wet sheet, which had the same happy effect as before; though this time one sheet didn't do the business. I had to keep applying the wet sheet two or three times a day, for something like a week, before I got him in a decent trim. The doctor didn't come back till the next morning, and then he just dropped in to see what time he died, and found him "up and dressed."

I am going to multiply cases, because some persons here don't think anything can be offered on this subject that is very striking. I don't know whether they "came to scoff," but I hope they will "remain to pray." They cannot get away from these facts—that is, supposing me to be a man of veracity, which is a pretty well understood thing my way. The next case was one of fits. The Allopaths know nothing can be done in a case of fits. They cannot get medicine to act; the brain cannot act; the stomach cannot act. They pour down the ipecac into the stomach, and it will lie there dead and inoperative. That is about all they can do. This was the first time I had applied the Water-Cure in a case of fits. It was one of those unfortunate children who have a grandma. Nothing too good for the little baby, when it comes to see its grandma; and so it is supplied with ginger-cake, raisins, candy, &c., and the consequence was, when the child came to cut its teeth, it was thrown into fits. Do you think God meant children to have fits and die in the simple operation of cutting teeth? Why don't animals die cutting teeth? Only civilized animals die cutting teeth. The dog and horse sometimes suffer, and have to send for the doctor, because they are pampered like some children. But I will get back to my story. I must not "radiate" so much. This false living oppressed the brain so much that the child became convulsed. What did I do? Simply pitched him into wet sheets. He was relieved in fifteen minutes, and the convulsions ceased entirely. He had fits after that again, because his teeth hadn't got through, and the good living was kept up. Another time I held the child in a tub of water three minutes, till the blood came rushing to the surface of its body. A third time I held him under three minutes, and the fits ceased, and stayed ceased. Now for 'tother side. Three years after that the child was cutting its double teeth, and was treated Allopathically, and died in convulsions.

God has placed water all around us. He knew that man would sin, and he had placed the remedy at hand, for fear we might forget what to call for; so that we cannot mistake. Many a man, in spite of his physician, has got up and gone after a pitcher of water. One case I'll tell you, whether I've got time or not. The doctor would not let him have anything but milk porridge. He was said to be dying of typhus fever. Watchers were appointed to see that he didn't kill himself. One of the watchers got to sleep, and the other had stepped out, and he took a notion to step out himself. And what did he do? According to Allopathy, one would naturally suppose he would rush for an apothecary's shop, and help himself; but no! true to his natural instinct, he ran and jumped into the midst of a Hydropathic doctor's medicine chest. The watcher found him swimming round in a mill pond. The worst part of that story for Allopathy is, that he got up and got well.

CLIFTON SPRINGS WATER-CURE—Located in Ontario Co., midway between Geneva and Canandaigua, on the Albany and Buffalo Railroad, is now in successful operation. It is conducted by HENRY FOSTER, M.D., assisted by MISS S. R. ADAMS. An outlay of some \$12,000 is said to have been made in building and fitting up this establishment. Dr. FOSTER has had a large experience in the practice of Hydropathy, being one of the earliest practitioners in this country. We hope it will meet with that patronage and success which it merits.

WATER TREATMENT OF DYSENTERY.

"CASES AT HOME."

Since writing to you last, our usually healthy village has been visited with the dysentery in its severest forms. Eight have died, and many more have been very sick. I had an attack of it, and took to the water with as much confidence as a young duck ever did, and it bore me up as triumphantly. In three days I succeeded in stopping my discharges of blood, and soon recovered my health. Several others since, and one before, have tried that treatment, and all that have taken it in season have done well. We have also had several other trials of it in fevers, diarrhoea, and many other complaints, and in every instance that I have heard of it has operated favorably. But I will only mention one case more. A niece of mine, about fifteen years of age, and rather slender constitution, has had several severe attacks of sickness, which the physicians say was occasioned by a predisposition to scrofula in her system.

About two weeks ago she was at my house on a visit, and about ten o'clock she awoke with a violent pain below the pit of the stomach, where she has always been attacked, and also with sickness at the stomach. As soon as we could, I procured some hot water, and commenced applying hot cloths to the seat of the pain, and also to giving injections of warm water, which we followed up for some six or eight times, until we procured a thorough evacuation. We gave her plenty of warm water to drink, which caused vomiting, until her stomach was thoroughly cleansed; we then gave her some cold water, which stopped the vomiting. After applying the hot cloths for a short time, we commenced alternating with cold ones. In this way we could relieve the pain for a short time, but it would return again; but after following this mode of treatment awhile, we found the pains were less severe, and the intervals between were longer, which gave us courage to persevere, and by four o'clock in the morning she was so relieved that she would sleep some between the pains, and through the forenoon she was quite comfortable, except an occasional chill, followed by a slight fever and a soreness in the bowels, where the pain had been, which we kept covered with a cloth wet in cold water. About twelve o'clock she had another severe ague chill, (which I should have mentioned she had had occasionally from the commencement,) which lasted about twenty minutes, when it began to pass off. She called for water, and I gave her three tumblers full in about ten minutes. I then thought we would try what virtue there was in the wet sheet, and as she was very weak and nervous, we wrung the sheet out of warm water, and rolled her up. She became easy immediately, and soon commenced sweating freely. We kept her in it about an hour, when we washed and rubbed her off, and she has not had any chill or fever since. Two days after she was taken, she got up, washed herself all over with cold water, set up all day, and in a few days recovered her strength, and was as well as she was before. I am certain I never saw a person suffer so much for four or five hours as she did; some part of the time she was quite delirious.

A SUBSCRIBER.

WOMAN'S RIGHTS.

BY MRS. N. P. LASSELLE.

It is her right to watch beside
The bed of sickness and of pain,
And when the heart almost despairs,
To whisper hopes of health again:

Her right to make the hearth-stone glad,
With gentle words and cheerful smile;
And when man is with care oppress'd,
His wearied spirits to beguile.

It is her right to train her sons
So they may senate chambers grace—
Thus, is she with more honor crown'd,
Than if herself had filled the place.

It is her right to be admir'd
By every generous, manly heart,
When with true dignity and grace
She acteth well a woman's part.

She hath a dearer right than this;
To be in one true heart enshrined—
Who, though the world may all forsake,
Will cherish still, and still be kind.

And there is yet a higher right,
Which also is to woman given:
'Tis hers, to teach the infant mind
Those truths divine which came from heaven.

What would she more, than to perform,
On earth, life's holiest, sweetest task?
When you a perfect woman find,
No other rights than these she asks.

NOTE. All very well. We infer from the first verse that the author is in favor of Female Physicians, to which no reasonable objection can be made. We shall never look for "perfection" either in man or woman, yet we may hope for a high state of physical and mental culture, and by a proper observance of the laws of nature, ascertain the rights and duties of both sexes.

WATER-CURE AT HOME.

CASES IN MISSISSIPPI.

BY A. E. H.

I wore the nervous sick head-ache, with constipation, twenty-two years, and tried all the drugs known, with a downward tendency continually. In the meantime I had what the doctors called acute hepatitis, was bled every day, leech-ed, blistered, cupped, salivated, and the doctor only knows what all. He never cured me, but from being a stout strong man of one hundred and seventy pounds weight, he speedily reduced me to one hundred and forty-five, and left me with a broken down constitution, unable to evacuate my bowels without blue pill or some other poison, looking forward to a premature grave; from which I hope I have been rescued by water alone, and have been the humble means of helping many of my fellow mortals during the last two years. During the present year I have treated some thirty cases, and have not failed in one instance. In the high bilious fevers of the South, accompanied with congestion of the brain, it is the divine remedy, and when properly applied will succeed where every other remedy fails, and is perhaps better adapted to the ailments of the South than of the North, as we can practise it here through the winter without being hindered by frost and ice. I have gained eighteen pounds since I commenced self-treatment at home, and have a digestion equal to an ostrich.

PILL DOCTORS AND WATER DOCTORS.

BY A PATIENT.

In 1839 I had the typhus fever, as it was called, as also did four others in my father's family, one of whom died. I barely escaped with my life. My fever ran twenty-one days before it turned. I was delirious most of the time, but I can distinctly remember the burnings within, for not a drop of water did my physician allow me to cool my parched tongue. In spite of the doctor, I got about again, but was almost a complete wreck. Before I was sick I had an excellent constitution; after, I was weak, and life at times seemed a burden. I had continued pains in my chest, which would shoot in all directions. I went first to one doctor and then to others, followed all their directions, physicked, blistered, plastered, and patched myself to suit them all, but not a whit to my satisfaction. I kept about, and was able to labor some; as I gradually grew worse, my doctor told me I must leave work entirely for a year if I ever expected to recover. At this I felt quite discouraged, as I am under the necessity of laboring for my support. But I left off work almost entirely for a year, for whenever I tried to labor it caused me pain. I continued gradually to decline until January, 1846, when I went to New Lebanon, N. Y., and was under Dr. N. Bedortha's care six weeks without perceiving any particular change, but I began to feel as if I had hit upon the right medicine. I went home and practised as Dr. B. taught me, as far as circumstances would allow, wearing a wet bandage by day, and a wet sheet by night, taking a bath every morning, with packings according to order. Let it suffice to say, that under this treatment, which my pill doctors said would kill me, I grew better, and I now consider myself well. Water is now my only medicine. I have not taken any other since I was under Dr. Bedortha's treatment.

EXPERIENCE IN THE WATER-CURE.

BILIOUS FEVER.

BY A FRIEND.

Feeling a deep sense of gratitude on being restored to health, I cheerfully add my experience in the Water-Cure to that of many others, believing that to have been the means of my restoration.

After having suffered for want of health for more than a year, I was attacked by a slow bilious fever in the spring of 1842, which left me weak, particularly in the lower limbs. I was unable to walk much for five and a half years, and was in the habit of counting my steps, and for the most part of the time could walk but one hundred steps from the door, and indeed not that if I had fatigued myself by previous exertion. Ten months of the time I could not sit erect or walk uprightly from the sofa to the bed. During that time I put myself under the care of three physicians of the old (Allopathic) practice, one of the Homoeopathic, and two of the Botanic practice. With all these I was no better, but rather grew worse, although they did all in their power to help me.

In the autumn of 1848 my sister and myself, with a friend, concluded to take a short journey. They wished to go by the way of Lebanon Springs, and although against my will, I made no

objection to that route. Since, I have been convinced we were heaven-directed. I concluded to stay and try the WATER-CURE. The second week after entering fully into the treatment, I could walk five hundred steps,—in five or six weeks, one mile, and so on. I stayed only eight weeks, and came home comparatively well. Who can imagine my feelings on coming out of the boat and walking home with the aid only of my own limbs? Two years before I was carried on board of the same boat.

Let all who are diseased give the Water-Cure a fair trial. At times it will appear like drudgery, but the delightful sensation produced by the plunge after coming out of the pack, compensates for all the trouble.

I have always been easily operated upon by small causes, taking cold from the least exposure, but since I have used water and exercised in the open air, I have not had one cold that I could not wash away.

My treatment was as follows:—I took a foot-bath in the morning—a sitz bath at nine, and at eleven a pack; again, a sitz bath at two, a foot-bath at five,—varying the baths at different times, and taking a walk after each one. * * *

A FRIEND of this lady informs us, that she continued this treatment for one year after her return home; packing herself, which very few persons think they can do for themselves. She can now walk several miles without stopping or feeling fatigued.—Eds. W. C. J.

BURNS AND SCALDS.

BY R. T. TRALL, M.D.

The superiority of the water-treatment over all other known methods, in the management of burns and scalds, has been frequently demonstrated in actual practice, within a few years. I have had several opportunities to test it, and compare results with cases treated after the usual manner, with oils, ointments, plasters, cotton dressings, lime-water, pain-extractors, &c. &c. The following case is perhaps worthy of record:—

Mrs. C., of Williamsburgh, a few weeks ago, was severely burned by the explosion of a fluid lamp. I saw her between 11 and 12 P. M., about an hour after the accident. The whole face and part of the neck were dark-red, highly inflamed, and on the left side deep vesication had taken place; the left ear was badly injured, and the eye-brows burned off close to the skin. The left hand was injured still worse, owing to its being mainly employed in extinguishing the flames which caught the upper part of her dress. The whole back of this hand was deeply discolored, and the scarf-skin hung in various blistered folds. The eyes and inner edges of the lids were uninjured, and the salvation of her eyesight is, no doubt, owing to the extraordinary self-possession which induced her to keep them fast closed until the blaze of the burning clothes was put out. A young gentleman present, who had seen much of water-practice, and by whose presence of mind she was saved from much worse consequences, persuaded her to place her hand in cold water, and to apply cold wet cloths to the face and neck.

I found her in extreme pain, though it had begun to abate a very little. At this time cool but

not very cold water soothed the pain the most. The contact of air was excessively painful to all parts of the burned surface. Those vesicles which were elevated into points high above the surface were pricked, and their fluid evacuated; those which were but slightly raised, and were filled with a thick, tenacious, glairy fluid, were left unopened as the best protection to the raw surface beneath.

The applications were continued through the night, the directions being to use water at all times, of the temperature that felt most agreeable. The next day the abraded surfaces were sprinkled with flour, over which wet cloths were kept constantly applied, and renewed as often as there was any aggravation of pain. This treatment was pursued until the patient recovered. The flour was sprinkled on as frequently as the discharge of matter, which was profuse on the back of the hand, rendered necessary to form a complete and soft crust by which to exclude the atmosphere, and cloths, wet to that degree and of that temperature which was most agreeable to the patient's feelings, were continued without interruption until all inflammation and pain had subsided, and healthy granulations were completed, which was about ten days.

I never knew as severe an injury of the kind to recover as rapidly under any other plan of treatment, nor as perfectly. The face scarcely shows the slightest deformity, and the cicatrization of the back of the hand is much less rough and irregular than is usual where the application of ointments, greasy salves, or oleaginous liniments has been resorted to.

On the third and fourth days the irritative fever, which always attends severe burns or scalds, and is the consequence of prostration from pain, restlessness, want of sleep, &c., appeared, attended with considerable headache. Cold cloths to the head, tepid sponging of the surface, and water-gruel sufficient to move the bowels—the patient had taken scarcely any food until that time—were found to relieve the fever completely.

In conclusion, let the reader contrast this simple, rational, and successful treatment, with the complicated, absurd, and constitution-killing method recommended and practised by the allopathic school. In one of the late standard works on Surgery—"Cooper's Surgery, by Parker," Professor Parker advises, for the local applications, "pressure," or "some stimulant which induces the vessels to contract," as "warm turpentine," "oiled silk," "warm and emollient applications," "patent lint, wet with a decoction of poppy leaves, and over this a covering of oiled silk;" and for general treatment, "warm brandy and water with tincture of opium *pro re nata*," in the first instance to get up reaction; and after reaction is got up, antimony, opium, or Dover's powders, ipecacuanha, calomel, and general bleeding," to get the reaction down again; and when the reaction is got down again, "tonics and nutrients" to sustain the system, and so on to the end of the chapter.

What beautiful philosophy this must be, which poisons the body with calomel, and takes out the life-blood, just because the patient is worn down with pain, and exhausted from want of rest! When will learned doctors learn to think a little for themselves!

Reviews.

REVIEW OF THE JANUARY NUMBER
OF THE WATER-CURE JOURNAL.

BY A CRITIC M.D.

Residing "up the country," I will, with your permission, give you a brief review of the Journal itself, and tell you what "THE PEOPLE" think of it.

THE PRESENT QUARTO FORM is much admired; and the clean, beautiful paper on which it is printed, together with its unsurpassably bright new types, render it, altogether, unequalled in its mechanical execution.

Now let us examine its contents.

SCROFULA—ITS NATURE, EFFECTS, CAUSES, PREVENTION AND CURE, by DR. NICHOLS, is thorough and complete. A volume in itself. There is scarcely a family, especially in your cities, but what may "see themselves" in that article; and, to a great extent, apply those undoubted principles of Hydropathy to the mitigation and removal of this terrible infant-destroyer—Scrofula.

PHYSIOLOGY AND PATHOLOGY OF THE EYE. With engraved illustrations. By DR. TRALL. Who is not interested in the preservation and restoration of the organs of vision? The doctor has given, in that article, more *real science*—[common sense]—than I have ever before met with in an equal number of sentences. There remains nothing more to be said on that subject. Those afflicted with sick eyes will do well to go back and re-read that very important article.

RATIONAL HYDROPATHY NOT EXCLUSIVE EITHER IN THEORY OR PRACTICE. By DR. HOUGHTON.

[As this article is referred to in another place, we omit the remarks of "Critic."]

HEAT IS LIFE AND COLD IS DEATH. By DR. KITREDGE.—Rather hard on our friends of the "Thompsonian School." Yet his comparisons are fairly and closely drawn. No one can refute Dr. K.'s argument. Too much cold water is as bad as too much hot water; and all sensible Hydropaths will discriminate and be governed by the condition of the patient.

A HAPPY NEW-YEAR. By DR. TRALL. Exhilarating. It is equal to a Fourth of July oration. Who would believe that a *Water Doctor* could become so eloquent? It is the best dose of Water-Cure medicine that was ever administered.

PHYSICAL EDUCATION. By DR. ANTISELL.—This is a capital thing—good for every day. If our boarding school misses and genteel little dandies would read this article, they would take less pride in showing their slender waists, soft hands, and soft—Give us more of the "same sort."

WHOOPIING COUGH—ITS NATURE AND TREATMENT, by DR. SHEW, will attract attention. There is no doubt of the infinite superiority of the Hydropathic treatment in this disease.

ACCIDENTS AND EMERGENCIES, with engravings, in the Review department, were very acceptable; ditto the POETRY; and the GOSSIP FROM BOSTON, BY NOGGS, and the Reply by QUOGGS, together with your exceedingly interesting MISCELLANY and VARIETY, fill up, and render that number the most acceptable of any which it has ever been my good fortune to read. It has made a sensation hereabouts not unlike a Mississippi crevasse. May the Journal obtain a circulation unbounded—equal to its merits.

Miscellany.

A FEW EXTRACTS FROM OUR CO-
WORKING CORRESPONDENTS.

The following extracts are made without the knowledge or consent of the writers.

S. R., when ordering a club of new subscribers, remarks as follows:

"The sample number of the Water-Cure Journal, which I have received, astonishes all who see it. The question it raises is, What will Fowlers and Wells do next? And when I tell them there is one publishing house in New York, besides the religious, that has the moral courage to reject everything not calculated for the public benefit, I need not tell you there is sufficient morality among our citizens to appreciate it."

J. C. J. says,—"The new Journal is magnificent. I have lived in an editorial chair for ten years of my life, and looked over hundreds of papers weekly, and I never 'set eyes' on a neater dress; but that is the way to do the thing. Make the outward the indicator of the inward. Please the intellect through the eye. I had rather read a nicely printed newspaper than one bunglingly got out. 'Twill go now, like its prototype whose cause it pleads—good, pure, soft water. It is the thing wherewith to recommend water to the people."

R. F. R., of Wisconsin, a zealous co-worker, in a letter, ordering FIFTY copies of the Journal, writes as follows:

"I have long been a sufferer from violated natural laws, the doctors, and patent medicine craft, when a copy of the Water-Cure Journal caught my attention. I subscribed, and have been greatly benefited by it. That Journal has been of more service to me, in the recovery of my health, than four years' previous doctoring on the old system, and four hundred dollars paid for medical assistance."

D. D. T. M. says, The January No. of the Water-Cure is a perfect beauty. It is the most beautiful quarto I have yet seen. We did reckon the Rural [referring to that excellent paper, the RURAL NEW YORKER,] some [in vulgar parlance,] but must acknowledge the maize.

T. J., Sen. "I have obtained one hundred subscribers for the Water-Cure Journal for 1851, and inclose you a draft for the amount. I shall send you another club, perhaps of fifty more, within a month."

[This is pretty good evidence that T. J. considers the Journal worth what it costs. He has our thanks, and will have the thanks of those into whose hands he thus places the Journal. He is a "co-worker" indeed.]

Mrs. O. T. says, "I have obtained sixty subscribers for the Journal, and enclose the pay for the same. The interest in the W. C. is greatly increasing. A year ago last July there was but one copy of the Journal taken in this place, and that by two ladies. I think its merits need only be known to be appreciated."

[The ladies have, thus far, been our "most efficient apostles in the advancement of the Water-Cure, and well they may be, for to them are the principles of Hydropathy especially adapted.]

W. H. H. B., when sending a club of fifty-four subscribers, adds, "The people in this vicinity are becoming interested in Medical Reform; and even the physician [an Allopath] is practising the "Water-Cure" to some extent, and has subscribed for the Journal. I expect to send you more subscribers soon."

E. T. B. says, "There is a man in my neighborhood raising a club of twenty for the W. C. Journal, but I am not willing to await his motions. These Journals are so appropriate to the times, and present condition of the people of the United States, that I wish they were invited into every family. This talk may seem strange in reference to the W. C. Journal,

coming as it does from an Allopathic physician; but, strange as it may seem, I not only reduce my honest convictions to paper, but to practice, wherever and whenever opportunities present."

(To be continued.)

A FEW HONEST OPINIONS.

We cannot forego the pleasure of telling our subscribers what our "FRIENDS OF THE PRESS" say of us.

THE FOUNTAIN JOURNAL has the following:

"Every man, woman, and child, who loves health, who desires happiness, its direct result, who wants to 'live while he does live,' 'live till he dies,' and really live, instead of being a mere walking corpse, should become at once a reader of this Journal, and practise its precepts. The Water-Cure Journal contains more information really necessary to mankind, than all the fashionable monthlies and quarterlies in existence."

For us to confirm the above would seem like "self praise," we shall therefore leave its confirmation or refutation to our readers.

THE UNION, that dignified paper, says:

"The Water-Cure Journal for January, 1851, comes to us much enlarged, on new type, fine white paper, and much improved in every way."

Brief, but quite to the point.

THE LEDGER thus guardedly expresses itself:

"THE WATER-CURE JOURNAL appears in an enlarged form, new type and superfine paper. It is decidedly one of the most beautiful, if not the most beautiful serial of the day. The low price at which it is afforded—\$1 a-year—the excellent quality of its matter, and the high aim to which it is devoted, render it altogether worthy of extensive patronage."

THE MORNING MIRROR, with that characteristic discrimination for which it is distinguished, comments as follows:

"It will astonish many who do not understand the benefit of an immense circulation, to see a paper of that size published for \$1 a-year."

"The value of water and its proper application is surely becoming known among the people. In no way can they get so much knowledge on this subject for so little money, as by subscribing for the Water-Cure Journal. The publishers spare no pains or expense to make it what it should be. We advise every family to subscribe for it, on the ground of economy, health, and its being a sure cure for *drug-mania*."

THE RADII, in an elaborate notice, remarks: "Its contributors are among the best medical writers in this country."

THE OSWEGO PALLADIUM very kindly informs its readers, that "This model 'Herald of Reforms,' not content with its vigorous and effective assaults upon the errors of the medical profession, nor with its manly efforts in behalf of Reform in general, has commenced the New Year with a work of Reformation—or, rather, of IMPROVEMENT—at home. Though well printed before, it has been materially enlarged and greatly improved in its typographical appearance. It is now one of the *prettiest*, as it has ever been one of the *best*, journals in the country."

THE HAMPSHIRE EXPRESS pays us the following most flattering compliment. "It looks as if it had been under a course of water treatment itself."

We can add nothing to the above. None but a Hydropath can fully appreciate it.

THE WASHINGTON EXAMINER winds up an editorial notice after the following dignified and sober manner, with more *meaning* than words. "This is a very interesting periodical, and may be read with profit by all."

THE CLEAR SPRING SENTINEL, with its clear Argus eye, takes cognizance of our improvements in the following language:

"We have received the first number of the eleventh volume of this extensively patronized and fearless expounder of the Hydropathic practice. The Journal

has undergone a handsome change. It has been enlarged to double its former size."

THE ORLEANS COUNTY GAZETTE seems well pleased, and observes, "It is beautifully printed on the best of paper, and contains excellent practical directions for the preservation of health."

THE LEWISTON GAZETTE, among other complimentary and appreciative remarks, says, "The work is conducted with great ability, and ought to have an extensive circulation."

THE COLUMBIA SPY seems to be puzzled. We will let him into the secret if he will agree not to tell the men. If we were to inform him that we are on "good terms" with all the LADIES in the NATION, we fear he would be jealous. "WOMAN'S RIGHTS" to take the Journal we go in for. Hear the Spy. "The January number is before us, and a finer specimen of typography we have never seen; while the contents continue varied, useful, and interesting. How they can publish such a work for \$1 per annum, we are utterly at a loss to know."

The Spy adds: "The *Phrenological Journal* is not a whit behind the *Water-Cure*; they are both paragon specimens of American journals, and as such are well supported. It is also published at the low price of \$1 per annum."

THE STAR OF THE NORTH sagely informs his readers, that "THE WATER-CURE JOURNAL comes in an enlarged and improved form, filled with useful information, and a hundred suggestions for the preservation of health and the prevention of disease."

THE STAR AND BANNER warms up in language more eloquent and unreserved. He "flings to the breeze" thoughts like these,— "It is decidedly the handsomest paper on our exchange list. The publisher, to be able to present his Journal in a style so elegant and at so low a price, must have command of a very heavy subscription list; a fact which of itself gives evidence of the extraordinary popularity which this new system of medical treatment has already acquired in this country. The Journal before us is conducted with much ability, and is well calculated to extend that popularity."

THE ASHTABULA SENTINEL judiciously remarks: "It contains much valuable information in regard to the proper treatment of disease, and to physical education generally. Such a journal is almost invaluable in a family, and should be extensively patronized."

THE AMERICAN UNION!! without qualification, announces to the WORLD!—including North and South—(we beg pardon)—South and North. And here let us remark, that we think it as impossible to "Dissolve the Union" as to blow up the Rocky Mountains, or split the Mississippi River. THE UNION says: "In neatness of mechanical execution it surpasses all our ideas of perfection in printing. All know by this time, that the object of this work is to advance the principles of water-cure in the treatment of diseases. This it does in a manner that arrests attention and wins converts. We consider it a work of much value—ten times as much as its subscription price, which is only one dollar;"

THE PLYMOUTH ROCK. "Land of our Pilgrim Fathers," may thy name ever be spoken with true veneration. Thou art remembered by, and endeared to, untold millions; and thy sacred rocky altars shall echo thy praise until time shall be no more. Thou art as a beacon light set in the heavens, to illuminate the world with thy moral example; out-hung by an all-wise Providence, inviting mankind to worship at thy shrine. But let the Plymouth Rock newspaper [and a good one it is] speak for itself:

"WATER-CURE JOURNAL. We have received this health-reform periodical. Agreeably to promise, it comes to us in an enlarged and improved form, and with an addition of several new and important departments."

THE SOMERSET WHIG—laying politics aside for this occasion—thus argues:

The Water Cure Journal for 1851 is issued in a quarto form, with its typography beautified to the point of perfection. This is an extremely useful and entertaining publication, and exceedingly cheap.

THE DEMOCRATIC REFLECTOR has no notion of being beaten by the Whig. Hear him reason. "The number before us presents a splendid appearance, having been enlarged and otherwise improved. It is a work that should be in every family."

THE PUBLIC MEDIUM, without putting on its glasses, gravely expresses its choice thus: "It is printed on paper of a superb quality. We like it in its new form best."

THE NEW-YORK TRIBUNE. This moral and intellectual philosopher thus eulogizes our "feeble efforts."

"THE WATER-CURE JOURNAL," with its improved exterior, presents an increase of interest in its reading matter, and apart from its able illustration and advocacy of Hydropathy, contains a great deal of important information on the means of preserving health, and kindred topics, and must always prove a welcome visitor in reading families.

THE CHRISTIAN FREEMAN seems to take a pecuniary view, referring of course to doctors' bills. "The taking of this journal will be found a money making business."

THE BOSTON MEDICAL AND SURGICAL JOURNAL.—Lest our readers may think we copy *only* such "opinions" as are favorable, we insert the following *without comment* from this VENERABLE and most respectable authority. The Water-Cure Journal and "Herald of Reforms," published by Messrs. Fowlers and Wells, New-York, comes to us in an enlarged form, presenting altogether a very handsome appearance. It is really one of the best specimens of typographical excellence that comes to us in exchange. Were the subjects that are discussed in its columns, any where near as correct and truly scientific as its mechanical execution is beautiful, it might rank with the first journals devoted to medical science. If its enterprising publishers really wish to have their Journal a "herald of reforms," let them commence *de novo*, first telling their readers what constitutes disease, the *modus operandi* of water alone in treating it, and further, what is distinctly to be understood by the "Reforms" spoken of. Our homoeopathic friends say theirs is the *true and only method* of curing disease. The Thompsonian, the Neuropathic, and other would-be doctors, say the same. Now which is to be believed, or are they all correct? It is not our purpose at this time to enter into a discussion of their relative merits. Suffice it to say, were we sick, and without any previous knowledge of the first principles of the healing art, we might possibly choose those doctors who give *no medicine*.

Among the thousands of "NOTICES" which OUR FRIENDS OF THE PRESS have showered upon us, *not one* has spoken unfavorably. All this, together with the numerous private testimonial which we are daily receiving, is enough to determine us to work ZEALOUSLY, for the further promotion and universal diffusion of this GREAT AND GOOD CAUSE "HYDROPATHY."

A SUDDEN DEATH.—John T. Kirtland, of Cleveland, Ohio, on Friday afternoon last knocked a small piece of skin from the little finger of his right hand. On Saturday noon it pained him somewhat; the pain increased during the afternoon and night. On Sunday morning, at five o'clock, he was violently attacked with diarrhoea, which continued for about an hour. The pain left his hand as soon as the diarrhoea commenced. He suffered none afterward, and died on Monday morning.—*Exchange*.

Had the above person resorted at once to full water-treatment, and *nothing else*, we have no doubt he would have lived.—[EDS. JOURNAL.]

GOSSIP FROM BOSTON.

BY NOGGS.

DEAR BRETHREN of the true and simple faith, first and foremost, let me congratulate you on the fine appearance of your January number; its splendid type, paper, and form elicit the highest praise from every one who beholds it; it speaks *volumes* for HYDROPATHY! Give my best love to QUOGGS, and tell him I welcome him with great joy, and hope we shall often travel together in the same vehicle. Tell him also not to be alarmed by the imbecile efforts of the Boston Medical Journal man, to prove that "Hydropathy is running down"—folks this way, don't consider his testimony as exactly impartial, and by no means conclusive. The fact is, that during the absence of Dr. Smith, he is "dressed in a little brief authority," and he flatters himself that he's going to use the Water-Cure folks all up before the Doctor gets back!

Newport and Nahant, and all the other fashionable watering places, from Brighton, in England, to Bangor, in Maine, will be shunned next season. Of course, nobody, after such able reasoning, will venture to wash themselves all over again, much less to expose their skins to the rough peltings of the pitiless surf, as heretofore, and the breakers henceforth must be content to "Wash the beach at Rockaway," and nothing else!

Quoggs says I must answer for Boston; I can most truly say, that I never knew the time when Hydropathy was half so popular at it has been this winter. Dr. K., to my certain knowledge, was never so busy as now—going every which way day unto day; does this look like "running down?" I would not have betrayed his confidence thus if "Quoggs" had not called upon me so imperiously to speak for Boston. The trouble is it is getting altogether too popular for the Allopaths to contain themselves.

I have just been told of an interesting case of nature versus art, which occurred, not long since, in the neighboring city of Charlestown:—a child of Mrs. —, was taken sick during her absence, and a neighbor of hers, who kindly supplied the mother's place, as probably none others could better do, was requested by the doctor to give one of certain little white powders every hour—she gave one of them, and being convinced that it hurt the child, she persuaded the friends to let her manage it. This they did, as the doctor had said it was very doubtful if the child got well, even with his medicine. She accordingly washed it over in warm water occasionally, and once an hour "tucked the powder under the grate" and nursed the child up in her own motherly way! and, very much to the surprise of the doctor, the next day the child was greatly relieved; and the doctor boasted considerably of his having had the tact to "hit upon the right medicine!" and wrote for another batch of powders, which, I need not add, went the same way as their "illustrious predecessors" had done, and with the same happy effect! they were indeed *grate-ful* to the patient, "going to the right spot" truly! though the doctor little dreamt where that spot was till after the mother got home and the child got well, and he was told by her the disposition made of his powders. He didn't feel particularly pleased, but couldn't well say anything, as the child, contrary to his frequently declared opinion at first, got well!

A NEW DISCOVERY.—A druggist and an Allopathic M. D., of a certain town in Otsego county, were overheard discussing the merits of patent medicine; and, speaking of cod-liver oil, the doctor said he bought a bottle for a person who has since died of the consumption, and as the patient did not use half of it, he took the remainder to *oil his harness*,—and recommended it as the best thing of the kind he ever used!

THE SPRINGFIELD WATER-CURE is now under the management of DR. E. SNELL. For particulars see advertisement.

From Blackwood's Magazine.

A PLEA FOR OUR PHYSICAL LIFE.

BY CHARLES MACKAY.

We do our nature wrong,
Neglecting over long
The bodily joys that help to make us wise ;
The ramble up the slope
Of the high mountain cope—
The long day's walk, the vigorous exercise
The fresh luxurious bath,
Far from the trodden path,
Or mid the ocean waves dashing with harmless roar,
Lifting us off our feet upon the sandy shore.

Kind Heaven ! there is no end
Of pleasures as we wend
Our pilgrimage in life's undeviating way,
If we but know the laws
Of the Eternal Cause,
And for his glory and our good obey.
But intellectual pride
Sets half these joys aside,
And our perennial care absorbs the soul so much,
That life burns cold and dim beneath its deadening touch

Welcome, ye plump green meads,
Ye streams and sighing reeds,
Welcome, ye corn fields, waving like a sea !
Welcome, the leafy bowers,
And children gathering flowers !
And farewell, for a while, sage druidery !
What ! though we're growing old,
Our blood is not yet cold !
Come with me to the fields, thou man of many ills,
And give thy limbs a chance among the daffodils !

Come with me to the woods,
And let their solitudes
Re-echo to our voices as we go.
Upon thy weary brain
Let childhood come again,
Spite of thy wealth, thy learning, or thy woe !
Stretch forth thy limbs and leap—
Thy life has been asleep ;
And, though the wrinkles deep may furrow thy pale brow,
Show me, if thou art wise, how like a child art thou !

FEMALE LECTURERS.—The Ohio Statesman, of recent date, contains a report of a course of lectures on Physiology, delivered by Miss COATES, in Columbus. The following extracts show with what interest these lectures were attended :

"We had the pleasure, last evening, of listening to an introductory lecture upon this vitally important subject, delivered by Miss COATES, a professional lecturer, who has devoted the energies of her clear and vigorous mind to its careful investigation.

"The lecture was appointed to take place in the First Presbyterian church ; but before the hour appointed it was filled to overflowing ; and the crowds, who continued to assemble, found it impossible to gain admittance. They accordingly adjourned to the upper room, which, with the galleries, was soon densely crowded."

"In introducing her subject, she dwelt upon the perfect harmony manifested in this wonderful mechanism, 'the human form divine,' remarking that we nowhere received purer, holier teachings, when rightly apprehended, than through the handiwork of God. And then tracing the whole scheme of creation, from the orb of day that enlightens worlds on worlds, to the tiniest insect floating in the morning beam, MAN stood forth as the crowning work."

Were our pages not already crowded, it would give us pleasure to copy these lectures entire. The Ohio State Journal, at the commencement of a second course, remarks:—"We are gratified at the cordial reception she has met with from the ladies and citizens of Columbus, and trust she will have as liberal patronage for the second course as she had for the first."

THE CENTRAL MEDICAL COLLEGE, at Rochester, N. Y., is now in successful operation. A good number of FEMALE STUDENTS are in attendance. We are glad to know that most of the Professors in this college are in sympathy with the Hydropathic interest.

THE WATER-CURE IN OREGON TERRITORY.—Our readers shall enjoy with us the extracts which we make from a letter received by the last mail from this new, promising, and great territory.

"GENTLEMEN,—Allow us to introduce ourselves to you as friends of the noble cause you advocate, with all good wishes for your success. But as wishes are neither food nor drink, we inclose a draft for \$50, which we wish appropriated as follows—\$30 for the Journal and \$20 for books."

Then a list of sixty names, all new subscribers, are given ; which of course establishes at once an Hydropathic colony in this Western Empire. The writer adds:—

"I have received from your establishment five works on the Water-Cure, for which I am most thankful. My object is to introduce the Water-Cure into this country. If we can succeed in keeping down the drug practice in Oregon, we can boast, for health, over all other civilized countries on the face of the globe. For pure water, mildness of climate, magnificence of scenery, Oregon cannot be surpassed. It is an Asylum for California. A good Hydropathic physician would do well to locate here. Our people ran away from the drug doctors when they left the States, and they do not wish to be troubled with them any more.

Yours, truly. ***

"CARELESS OR IGNORANT APOTHECARIES.—Cases of injury, and even death, resulting from the carelessness or ignorance of men who attempt to compound medicines, are constantly occurring. The Philadelphia Ledger contains a notice of a case of recent occurrence in that city, in which a sick lady came near losing her life by the carelessness of an apothecary, in putting up opium instead of what was prescribed by the attending physician. These constantly recurring examples of the unfitness of many who pretend to be qualified to read medical prescriptions, and to compound medicines, should enforce on our public authorities the necessity of some regulations, by which the fitness of a man to retail *deadly drugs* shall be ascertained before he is suffered to commence his *dangerous work*. As things now are, a blockhead who, by any chance, gets possession of an apothecary's stock, may commence business at once, as a compounder of drugs, of whose properties he knows no more than he does of the condition of the inhabitants of the remotest planet of the solar system."—*Boston Traveller*.

The only effectual way to get rid of these *poisonous nuisances* is to let them alone entirely. Refuse to meddle with drugs, and no such murderous accidents would occur ; but so long as children are permitted to play with powder, explosions may be expected. Our advice to all is, Let drugs alone.

A CHANGE OF OCCUPATION.—A friend and co-worker writes us that the Water-Cure Journal has ruined the business of an Allopathic doctor in the neighborhood where he resides ; and that he has been driven to seek another occupation. He is now respectably employed in agricultural pursuits. It is presumed that he will do less damage now than while in the poisoning business.

SOAP—SOAP—SOAP.—The world is progressing ; science advancing ; and why should not the quality of SOAP keep pace with other improvements ? Recent chemical discoveries, applied to the manufacture of soap, have set the world all agog—especially the women. Hence those rascally washing pamphlets—sold at *only* a dollar a copy, (which cost about a quarter of a cent,) and numerous other cheats, all in the soap and washing line. These *cheats* act on the principle that the notes of a good bank may be counterfeited to some purpose, while a poor one would not pay.

Now the entire success of these *soap counterfeiters* has grown out of the popular and superior quality of the "Simon Pure" article discovered and manufactured by ISAAC BABBITT, of Boston. THE CREAM OF SOAP, and the SHAVING POWDER manufactured by him, are probably unequalled. We take this occasion to recommend our friends to try it. Not for the pecuniary advantages which *he* may derive therefrom, but for their own pleasure and profit.

HEALTH OF ENGLAND.—A document has been printed, by order of the House of Commons, showing that the expenditure of medical establishments under the poor law, in the year ending the 25th of March last, was £177,039 11s.9d. The total number of hospital patients in the year, was 468,028.

Four hundred and sixty-eight thousand sick paupers ! ! and seven hundred thousand dollars for *doctoring* them ! ! !

This is what we call a deplorable condition of things. A sick, doctor-ridden, community. In such a case as this, the Hydropathic mode of treatment would be to first *banish* the *doctors*, including their *drugs* and *cod-liver oil*, and apply "clean water," "pure air," "simple food," and "healthful exercise." Now we submit this proposition to the common sense of England and the world—would not this be the best ?

Your people are doctored to death, and your doctors made rich by the "spoils !"

DR. P. H. HAYES, late physician of the Green Wood Springs Water-Cure, is now building a Water-Cure Institute at Wyoming, Wyoming county, New York. The building is after an original plan, and will be constructed in a modern style of cottage architecture, and with express reference to the health, comfort, and convenience of the invalid. Dr. H. will open the Wyoming Cottage Water-Cure on the first day of May, 1851, for the reception of patients.

THE GLEN HAVEN WATER-CURE is henceforth to be under the charge of our worthy friend and contributor, DR. J. C. JACKSON, assisted by his wife, Miss GILBERT, and his son. The "Glen" has already obtained a reputation which its proprietors may well be pleased with ; yet, still greater success awaits it.

NEW WATER-CURE HOUSES.—In Raisin, Michigan, J. W. CARPENTER has erected a new establishment, of which T. S. HAMILTON, M. D., of Tecumseh, is the resident physician. We predict the complete eradication of all drug shops and patent medicines from this region.

A PROFESSOR IN A MEDICAL COLLEGE in Wisconsin delivered a lecture recently on the *Immortality of the Body*. Oh Calomel !

DR. WEDER, formerly of the Parkeville Water-Cure, is now the resident physician of the South Orange Hydropathic Institute, N. J.

Varieties.

PROGRESSION.—For ages past mankind have devoted their energies to war, and the gratification of their animal propensities ; but the present is an age of INVENTIONS—Steam Ships, Locomotives, Telegraphs, and other scientific and mechanical developments. All former discoveries, when compared with those of the nineteenth century, are insignificant. The present age is more glorious, so far as a higher mental development is concerned, than all past ages together. And the most spiritual observer dare not even predict the extent of our progress for the next half century. One man, (a chemist,) affirms that it is not only possible, but quite probable, that we shall, ere long, warm our dwellings, cook our food, and subtract all necessary warmth for our convenience and comfort, from the atmosphere ; and another boldly affirms that, by the aid of science, we shall soon be enabled to dispense with the use of gas, oil, and tallow, and use, as a substitute for all our lights, common electricity. And who will be so reckless as to venture a contrary opinion until they shall have been tried ? It is an *easy* argument to say "I don't believe ;" but doubters and skeptics should remember, that neither belief or *dis-belief* ever

proved the truth of any thing. All things, no matter how new or strange, will be tried; and we have only to look back to the past, in order to satisfy ourselves of the absurdity of opposing new theories. It was once supposed to be impossible to navigate even our rivers by steam. Look now at our fleet of magnificent ocean steamers; look at our RAILROADS! It will not be many years before the "Iron Horse" will penetrate every county on our continent; and will soon cross the Rocky Mountains. PROFESSOR PAGE tells us that, instead of wood and coals, as fuel, we are to use MAGNETISM as the propelling power. And so confident of this were our senators and congressmen, that they appropriated \$20,000 of the people's money, at their last session, to develop and establish this new power: TELEGRAPHS, too, will vibrate all over the world, even as the nerves of the human body ramify every root and branch of the living man. Another progressive philosopher comes forward and claims that even the telegraph will soon be surpassed, and all mankind be brought into immediate MENTAL communication with each other on psychological principles. Another still, avers, that AERIAL NAVIGATION is not only probable, but certain; and capitalists are investing their funds in this kind of stock, with undoubted hope of success and profit.

It is a fact, that our people have come to regard "all things possible," even with man, which the human intellect is capable of conceiving.

Who, then, shall prove himself so low, and dull of comprehension, as to venture an opinion against these things? Blowing against the wind will not change its course; retiring to a dark room will not prevent the sun from shining, and opposing the truth will not prevent it from making itself known and felt, wherever mankind are sufficiently developed to appreciate its GRANDEUR and BEAUTY.

"TRUTH, crushed to earth, will rise again,
The eternal years of God are hers;
But ERROR, wounded, writhes in pain,
And dies amid her worshippers."

OUR FRIEND BRYANT never wrote a truer stanza. We see it confirmed every day, but in no instance does it strike us more forcibly, than when applied to the different methods of treating diseases. The old allopathic errors are dying, and hordes of worshippers, (many of whom however are only worshipping mammon, under cover of this practice, the more easily to accomplish their acquisitive purposes, regardless of the welfare of their deceived patients, are in lamentation at their departure. Meantime the Sun of HYDROPATHY has arisen upon the horizon of our hopes and, surrounded by the effulgence of its own beams, is rapidly attaining its meridian glory. But think not that, like its glorious prototype, it will again descend, and leave the world in darkness. No, HYDROPATHY IS TRUTH—"the eternal years of God are hers"—and from its meridian altitude it will continue to dispense its blessings through all coming time.

The New York Tribune says that "dosing infants with paregoric is a system of child murder that ought to be indicted at common law." It makes the children "weak-nerved and shallow-brained."

We should think that "paregoric" had been used pretty extensively in New York some day, judging from the number of "weak-nerved and shallow-brained" chaps to be met with in that city.—*Oswego Palladium*.

Now look a-beer, Mr. Palladium, if you don't want a "ducking," you had better stop that laffing. We admit the fact, but don't want you to "tuit" us of it. Aint it "bad enough" without being "laughed at in the bargain?" Don't you know we've got Cod-Liver Oil factories, Sarsaparilly factories, Pill factories, Balvanic Gaterly factories, and lots of others; together with tribes and tribes of doctors, all trying to Cure "weak-nerves" and "shallow-brains?" What more can we do? Say!

MRS. FARNHAM IN CALIFORNIA.—It will be remembered by our readers that this WOMAN embarked on board the ship ANGELOQUE, for California, in May 1849. From some cause it became necessary for the vessel to "put in" at Rio, and for Mrs. F. to obtain the services of an assistant to aid her in taking care of her children. But while on shore, her children remaining on board, the inhuman Captain very unceremoniously "set sail"—taking with him all her cash, clothing, and other goods. This condition of things very soon became known to "the People," who at once provided her with all she needed to make her comfortable, and furnished her with the "means," money, to complete her voyage. She took passage on the first ship that sailed, and reached San Francisco soon after the arrival of the Angelique. A law suit was at once commenced against the run-away captain, and damages to the amount of \$3,661 27 obtained. While separated from her children, they were kindly protected by the other lady-passengers.

MRS. FARNHAM took possession of the farm left her by her husband, and commenced cultivating the same, with what success our readers will judge when we inform them that the proceeds of her crops last year (1850) amounted to the snug sum of \$60,000. So far as the profit is concerned, we regard this a "better business" than serving as Matron to the "Sing Sing prison."

SOMETHING PITHY.—Four gentlemen—a Baptist, Presbyterian, Methodist, and Roman Catholic—met by agreement to dine on a fish. Soon as grace was said, the Catholic rose, armed with a knife and fork, and taking about one-third of the fish, comprehending the head, removed it to his plate, exclaiming, as he sat down, with great self-satisfaction, "Papa est caput ecclesie;" the Pope is the head of the church. Immediately the Methodist minister arose, and, helping himself to about one-third, embracing the tail, seated himself, "Finis coronat opus;" the end crowns the work. The Presbyterian now thought it was about time for him to move, and, taking the remainder of the fish to his plate, exclaimed, "In media est veritas;" truth lies between the two extremes. Our Baptist brother had nothing before him but an empty plate, and the prospect of a slim dinner; and, snatching up the bowl of drawn [melted] butter, he dashed it over them all, exclaiming, "Ego baptizo vos;" I baptize you all.

THE CHRONOTYPE believes in PAINE'S HYDRO-ELECTRIC LIGHT. And the Evening Post wonders why Mr. Paine "keeps his light so long in the dark." We never doubted the pre-eminent value of water to put out fire, but never believed it could be made to burn like Cod Liver, Whale Oil or Gas. Yet if Mr. Wright believes it, it must be RIGHT. But where's the light?

THE WORLD'S FAIR.—Those of our literary and professional friends who visit London in June next, will find accommodations at John Chapman's, 42 Strand. Mr. Chapman is the principal American bookseller in London; and his place is a "resort" for all "Literary Americans." We shall stop with Mr. Chapman, 42 Strand.

GENERAL WINFIELD SCOTT is a Roman Catholic. He has been proposed for the office of President of the United States for 1851. We doubt his success. *Evening Gazette*.

THE POPE'S BULLS.—Mrs. Partington wonders why the English people don't "pound" them when they are committing such depredations. She thinks they orn't to be allowed to "run" without a commission from the selectmen.

JENNY LIND GOODS FOR SALE.—We have heard of Jenny Lind Candy—Jenny Lind Steamboats—Jenny Lind horses and cattle, and Jenny Lind Soup, but we never before heard of Jenny Lind Cod-Liver Oil, which we find advertised in the newspapers; said to be good for the tick-dolor-o.

ANNA DOMINY.—"Father, did you ever have another wife beside mother?" "No, my boy; what possessed you to ask such a question?" "Because I saw in the old family Bible where you married Anna Dominy, in 1835, and that isn't mother, for her name was Sally Johnson."

PUFFS.—An Eastern editor says, "I am prepared to write Puffs, Sermons, or Orations, for all occasions, on the most reasonable terms. A puff will usually be written for \$2, and published in our paper for an additional \$3. Sermons will be furnished on short notice for \$10, and Orations for \$20."

IN AND OUT.—One day, at dinner, Curran said to Father O'Leary, "Reverend father, I wish you were St. Peter."

"And why, counsellor, would you wish I were St. Peter?" asked O'Leary.

"Because, reverend father, in that case," replied Curran, "you would have the keys of heaven, and you would let me in."

"By my honor and conscience," replied the divine, "it would be better for you that I had the keys of the other place, and then I could let you out."

HE GOT HIT, while passing up Nassau street, a few days ago, the famous washing-man. THIRTEEN TREES got struck by a snug-looking little man, who said he had been humbugged out of his money by this same thirteen trees, who sends his circulars all over the country without paying his postage, and charges a dollar for a little tract which costs about a quarter of a cent.

MRS. PARTINGTON, on hearing that Mount Vociferous had another eruption, wondered if Townsend's Saucy-prunella wouldn't do it good.

"Oh! ah! how very strange that one goose can suckle so many goslings," exclaimed Miss Josephine Amelia Olivia Augusta, while paying a visit to her country cousin.

Special Notices.

FOR THREE DOLLARS, a copy, each, of the STUDENT, the AMERICAN PHRENOLOGICAL JOURNAL, and the WATER-CURE JOURNAL, will be sent one year. Thus may every member of the family be provided with the choicest, as well as the CHEAPEST, reading. Together, these three magazines contain an amount of matter equal to one thousand six hundred and thirty-two large octavo pages, all of which are printed on the finest quality of paper, new types, and in the very best style of the art, quite equal to that of the higher priced magazines. The children should have the Student—the men the Phrenological and Water-Cure—and the women the Water-Cure and the Phrenological Journals.

OUR WATER-CURE LIBRARY.—Some zealous co-workers have really undertaken to canvass the country, with a view of introducing this LIBRARY into more general use. The course pursued is a novel one, founded on the associative principle, as follows:—The man (or woman) induces seven persons, residing in the same neighborhood, to subscribe One Dollar each,—making Seven Dollars in all,—to pay for the complete work in seven volumes. He then sends Five Dollars to the publishers, which is the wholesale price, and retains Two Dollars for his services. This Two Dollars pays his expenses, and when he sells several sets of the Library in a day, it leaves him a good profit. Thus, where families or individuals are unable to pay for this work, they may combine, and at a very small cost, provide themselves with the most important and extensive HEALTH LIBRARY ever published.

GEM STEALING.—Ah, you rascals, "you did it," and now we will just "tell our folks of it." Why didn't you give us credit for it, *Amy*? then we wouldn't have felt so bad. You know how it made Daniel Webster feel when they stole his *thunder*, don't you?

In our last volume we had some articles—which were about right, we reckon—under the title of "CONSIDERATIONS FOR COMMON FOLKS," by J. C. JACKSON. Well, in looking over a pile of exchanges the other day, we picked up a little monthly pamphlet, which bore the title of "*Green Mountain Gem*," printed in Vermont, by a person named H—, no we won't tell that, for fear it would be a *libel*. Well, while looking over this "*Gem*," we discovered a GEM indeed,—an old acquaintance,—under the "taking title" of "USEFUL CONSIDERATIONS," which had been appropriated entire, without saying one word about its having been "hooked" from the WATER-CURE JOURNAL. Nor is this the first instance in which our gems have been plagiarized.

The "HABITS OF JENNY LIND," for example, were copied by hundreds of our exchanges, and only a few gave us credit for it. We have no objection to being copied by everybody, only tell where it came from,—that's all.

A MAGNIFICENT PRESENT.—We are happy to state that a number of our Hydropathic co-workers have done themselves the honor of presenting their friends with that most useful "family guide," the WATER-CURE LIBRARY. We cannot imagine a more useful or acceptable gift to either sex than this. True, it is not filled with "fashion plates" from "Paris," but it is filled with COMMON SENSE from some of the best brains in the world; and, we must confess, we place a higher value upon that which enables us to prolong life, than upon that which destroys both health and life. This Library is a present adapted to all seasons.

WOMEN AND WATER-CURE.—A man called at our office recently, and said that he subscribed for the Journal a year ago, to oblige a friend of his who was then soliciting subscriptions, without any idea of continuing it; but his wife had become so much interested in it that she could not do without it. Hence, in order to keep peace with her, he was compelled to re-subscribe. Now, this is the kind of "WOMAN'S RIGHTS" we "go in for." We hope no married woman will permit her husband to sleep until he has subscribed for the WATER-CURE JOURNAL.

ADVERTISING.—The custom has now become so general, that few persons engage in any kind of business without advertising. The enterprise and success of a business may be determined by the extent of its advertising. The terms on which advertisements may be inserted in the Water-Cure Journal are extremely low, when the extent of its circulation is taken into account. Thus, at 20 cents a line, it costs the advertiser but one cent a line for a thousand copies, our circulation being never less than 25,000 copies a month.

BACK VOLUMES.—We have recently obtained a few complete sets of the Water-Cure Journal, from its commencement, bound in muslin, with lettered backs, in library style. These sets include vols. 1, 2, 3, 4, 5, 6, 7, 8, 9 and 10, complete; and, as a record of the rise, progress, and present condition of the WATER-CURE, is unequalled, and exceedingly valuable. The price for the entire set is only \$6. They may be sent by express, or as freight (not by mail), to any place desired.

POST-OFFICE STAMPS may be remitted in place of small change, in payment for any of our publications. They may be had at all post offices. It will be perfectly safe, however, to remit a quarter of a dollar, or less, at single letter postage. Gold coins of \$1, \$2.50, or \$5 pieces may be remitted at single letter postage. These small pieces should be wrapped in a thin piece of paper, or secured by a thread, to prevent them from slipping out of the letter before reaching their destination.

SAMPLE NUMBERS.—Friends and co-workers, don't be backward, say the word, and SPECIMEN NUMBERS shall be sent to you, or your friends, anywhere and everywhere. We are determined to give everybody and family at least one drink out of the WATER-CURE JOURNAL for 1861, whether they subscribe for it or not.

ERRATUM.—In our notice of the HYDROPATHIC ENCYCLOPEDIA, in the Jan. No., as "in press," we should have said, "It will consist of eight numbers, of about one hundred pages each," instead of two hundred. The price for the complete work will be \$2.

J. W. GILLAM, of EASTON, will supply all who wish with our publications, including the Water-Cure Journal, the Student, and the Phenological Journal.

To Correspondents.

D. L., SNOW HILL, ALA.—Your suggestions in regard to reporting the results of clinical practice, or the details and results of water treatment in inveterate cases of chronic diseases, are good, and will doubtless be acted upon by our hydropathic physicians at the various Water-Cure establishments. The Journal is not only open for these reports, but solicits them.

THE MAGNETIC MACHINE, to which you refer, is probably the best. The price of it is \$12, including the book giving directions for its use. Dr. Sherwood is dead. While living, he performed many remarkable cures. The machine and manual may be obtained of the publishers of the Water-Cure Journal.

HERPETIC ERUPTION.—Our Cincinnati friend who has this complaint on the forehead, breast, and back, is informed that nothing is more efficacious in rooting out old, obstinate skin diseases, than a rigidly abstemious, as well as vegetarian diet. Use unboluted farinaceous food, with the mild or sweet fruits, and avoid grease and alkalies, and much salt. A few weeks of daily pack sheets, an hour each, followed by a tepid shallow bath, would greatly accelerate the cure.

S. W.—"THE CURSE REMOVED," by DR. NICHOLS, has excited great interest. It has been copied by a number of editors, and almost universally commended. It has been reprinted in a 24 page pamphlet for gratuitous distribution. They may be had in any quantity for \$2 a hundred at the Journal office.

"THE TWO PICTURES, or Hydropathic Quackery and Allopathic Quackery," by DR. TRALL, has also been printed in a separate pamphlet, and may be had at the same price. These little tracts, or pamphlets, should be placed into the hands of every family. Proprietors of Water-Cure establishments cannot do better than to buy up from one to five hundred copies of these health messengers, and give them away in their neighborhoods.

J. H. S.—Notwithstanding one man may have made unkind allusions, and drawn unjust comparisons, we do not believe it will mend the matter by replying to it. Fair competition may be carried on, without jealousy, and we intend to harmonize all interests—so far as it is in our power—and act as a mediator between these extremes to which you refer. Equilibrium will ultimately take place—if we do not prevent it.

DEAFNESS FOLLOWING SPOTTED FEVER.—Miss J. V., Vermont, will find a daily rubbing bath, and two or three tepid warm injections into the ear by a small syringe, probably gradually restore the sense of hearing. This subject will, in a month or two, be fully explained in this journal. Tell your neighbors, Miss V., that the time is not far distant, when they will be compelled to like the WATER-CURE JOURNAL, *velut colens*.

PAINTER'S COLIC.—R. T. H., WELLSVILLE, PA.—The Hydropathic treatment is a moderate employment of the sweating sheets, followed by tepid bathing, a free employment of water-drinking of a mild temperature, the copious use of tepid or warm water injections, and the wet girdle. This important subject will be treated in detail in this journal soon.

FISTULA.—E. F. W., TEXAS.—Fistulas of long standing have been cured by a rigidly abstemious and mainly vegetarian diet, with the use of one or two general baths daily. We should have great confidence in curing nearly all cases by this plan, without using the knife. The patient must avoid all exciting habits or exercises, always keeping the brain calm, and the blood cool.

H. F. asks—"Can you inform me through the Journal whether pipe, made of other material than lead, can be had, which is not liable to the same objections? and if so, where, and at what price, whether cheaper or dearer than lead?"

Will some of our subscribers give us an answer to the above?

COMMUNICATIONS OR ADVERTISEMENTS designed for the JOURNAL, should reach the publication office on the first of the preceding month. Thus, articles or advertisements for the MARCH NUMBER, should be sent in on the first of February. Our editions are very large, and in order to serve our subscribers promptly, we must "go to press" early.

CHRONIC DIARRHOEA.—M. B. M., Ellicott's Mills, Md., is informed, that the best cheap works for him are "Hydropathy for the People," and "Water-Cure Manual." A system of Vegetable Diet, by Dr. Alcott, contains many specific directions for preparing vegetable food. It is also a cheap work. The philosophy of diet is fully developed in Graham's Science of Human Life, a more expensive work, costing \$2.50. In old bowel complaints, particular attention must be paid to the water for drinking, which should be soft and pure.

DEAFNESS FROM QUININE.—Mrs. S. R. F.—In addition to whatever general treatment the system requires in attending to the general health, the ear should be syringed two or three times a day with warm water for several weeks; follow this with moderately cool syringing, and then employ the steam bath, or ear douche, perseveringly, around the affected organ. No doubt the head bath occasionally would be serviceable.

LEAD PIPES.—We are asked, what will serve as a substitute for lead pipes? Further experiments must determine what is best. Glass or gutta percha might answer. We can see no reason why gutta percha might not answer all desirable purposes, so far as mere conductors and reservoirs are concerned.

W. H. F.—Why don't you "come to the point?" We can't stop to read or print long prefaces. Give us the quintessence. Words, words, words, all about what you are "going to say," are not wanted. State the facts in a plain, common sense manner, and leave yourself out.

M. M. JOHNSON, of Fentonville, Mich., says:—"This place would be suitable for a Water-Cure house." No doubt of it. But where are you going to get a Water-Cure doctor? That is the question. There are ten thousand demands to one supply. You will have to "wait a little longer."

A. T.—We intend to give our readers an abundance of just such practical "common sense" matter as they require. We are aware that Galesburg is a great place, and we wish a copy of the Journal could be placed into the hands of all those students.

E. S. MOORE'S MILLS, BALLITORE, IRELAND.—Your draft has been received, and duly honored. The Journals will be sent as you direct. We are glad to know that your family have received so much benefit from the Water-Cure.

B. F.—Your article is a mere advertisement, without any public interest whatever. When you try again, please write for "the people," and not for your own concern. For local purposes, an advertisement would doubtless be of service to you.

MRS. N. D., SALEM, O. T.—Your remittance was duly received, and publications sent according to order. Hope you may succeed in introducing these new views into your country. The Spirit of the Age has been discontinued.

C. H. B., SYRACUSE.—You have done nobly. There is but little danger of your being annoyed by dog doctors in your vicinity. We hope to hear from you again.

C. H. C., M. D.—Your article on portable baths is received. A pressure of matter prevents its insertion in the present number. Your offer is accepted.

R. F. R.—We accept your proposition. All right. Thank you for your aid in forwarding the good cause. You have done nobly.

"GENERAL WASHINGTON'S ILLNESS."—We had intended to have published this article in the present number, but must defer it until the next.

S. F.—Your article is on file. We shall try to serve it up soon.

S. C. P.—Your "Experience" will serve as an example. A want of space prevents us from inserting it as present.

O. C. W.—We publish, in the present number, an article from one of our editors, on the same subject on which you write.

E. L. P.—Your experience will be acceptable.

J. H. H.—Look for "Diet" in our next number.

Book Notices.

LECTURES ON THE APPLICATION OF CHEMISTRY AND GEOLOGY TO AGRICULTURE. By JAS. F. W. JOHNSTON, M. A., F. R. SS., ETC. New edition, with an appendix. New York: C. M. SAXTON. Price \$1.25.

The tendency of the world is towards reform; nor is progress to be found alone among the men of letters, but all classes are adopting the watchword "ONWARD," and none are content to follow exactly in the footsteps of "their illustrious predecessors," but seem inclined to break away from the trodden paths, and, guided by reason and the light of science, seek amid unexplored regions for advantages to aid them in their labors.

Among these inquirers after "more light," and occupying the foremost rank, is the Agriculturist. He is no longer willing, because his father balanced the corn that was in one end of the bag by placing a stone in the other, to continue the absurdity, but is endeavoring to seek some better way. A few years ago, such a thing as "book-farming" was looked upon as a humbug, and the application of science to the common walks of life, as foolish in the extreme.

But, then, it must be remembered, there were no such books extant as the one before us under notice. Nothing that was so well adapted to the understanding of all, that was at once so interesting and instructive. The Agricultural Chemistry is a work of seven hundred pages, containing twenty-one lectures, and an appendix. The lectures are divided into four parts. Part first treats of the inorganic constituents of plants. Part second of their inorganic elements. Part third of the improvement of the soil by mechanical and chemical means; and part fourth of the products of the soil, and their use in the feeding of animals; while the appendix suggests the propriety of making experiments in practical agriculture, and gives the results of many already made. No farmer's library can be complete without this work, and those who have it not, will, if they study their own interests, procure it at once, and profit by its invaluable teachings.

THE PULPIT REPORTER.—In order to correct any wrong impression which may have grown out of the fact that this work has been widely advertised in the name of our firm, we deem it proper to make the following statement:—

The *Pulpit Reporter* was commenced on the first of December, 1849, and published semi-monthly, at the rate of \$2 per annum, by an enterprising company of young men, under the names of Holbrook, Buckingham & Co., No. 128 Fulton street, New York. The work was conducted with judgment and good taste, each number containing sermons, delivered by our ablest divines, reported phonographically, expressly for that paper; but, for various reasons, after reaching some two hundred and twenty pages, it was discontinued, the principal cause of which was, "it did not pay," and after expending several hundred dollars, over and above receipts, the parties concluded to suspend it, or, as has since been determined, to drop it, without any thought of recommencing it. Thus it rested, until recently, when one of the parties applied to our house, asking permission to leave bound copies of the work on sale at our store,—the price being fixed at \$1.50,—he proposing at the same time to advertise the work in our name. We consented.

This is the beginning, middle, and end, of our responsibility in the matter. Those who failed to receive the whole number for which they subscribed, will look to the publishers, who alone are responsible.

THE TWELVE QUALITIES OF THE MIND; OR, OUTLINES OF A NEW SYSTEM OF PHYSIOGNOMY. No 2. By J. W. REDFIELD, M. D. New York: J. S. Redfield.

Everybody believes, to a certain extent, in Physiognomy. Lavater says, "MAN is, in himself, the most worthy subject of observation, as he is himself the most worthy observer." Dr. REDFIELD says, "The credit of discovering exact signs of character in the developments and configuration of the skull, and of thus laying the foundation of a true system of physiognomy, is due to Dr. GALL." This, so far as any reliance can be placed on Physiognomy, is undoubtedly true. Hence it all resolves itself into PHRENOLOGY, where Dr. GALL himself resolved it. The brain gives shape and form to the features, and in accordance to the development of the BRAIN, will the features be marked. We do not concede what Dr. REDFIELD claims, in another part of his pamphlet, that "Physiognomy is more reliable than Phrenology." Compared with Phrenology, we look upon Physiognomy as a mere satellite, decidedly interesting, but infinitely less important. Who would attempt to determine ALL the points of a man's character by his face? Yet,

Phrenology covers the whole man—all his emotions proceed from his brain, while his face expresses but few of those emotions. Hence Physiognomy is entirely dependent on Phrenology, and can never become more than a twig, or branch, of the GREAT TREE, on the sap of which its growth and life depends.

THE PROPAGANDIST, A SERIAL, issued every Wednesday. Devoted to Practical Reform, especially in matters of Self-Education, but chiefly to the Writing and Spelling Reformation. JOHN F. TROW, Publisher, 40 & 51 Ann street. STEPHEN PEARL ANDREWS, Editor. Terms: \$1.00 per annum, in advance.

MR. ANDREWS is well known to the Phonographic reformers. He has for years been connected with this interest. His friends will be glad to know that he has commenced the above-named serial. The following from his prospectus explains itself:—"The Propagandist will be mainly devoted to the Writing and Spelling Reformation, though not exclusively so. All improvements in the means of education, in the largest sense of the word, and in the advancement of human development and improvement, will be legitimately within its sphere. It will mingle amusement with instruction. So far as space will allow, each number will contain a tale, and such other elegant extracts as may give it a literary attraction to all. These will be chiefly printed in Phonotypy, the interest of the story being relied upon a little to induce the reader to overcome the slight difficulty of the new method of printing."

Those who have not seen this new periodical, would do well to send for a sample number, by which they may form an opinion of its importance.

POPULAR EDUCATION, for the use of Parents and Teachers, and Young Persons of both sexes, prepared and published in accordance with a resolution of the Senate and House of Representatives of the State of Michigan. By IRA MAYHEW, late Superintendent of Public Instruction. New York: Harper & Brothers.

We recognize in this work those principles advocated so zealously by those great Physiological reformers, Drs. SPURZHEIM and COMBE. Although our people were slow to receive those doctrines, they have finally been adopted by all intelligent writers and teachers. In a review of the work under notice, the *N. Y. Evening Post* remarks:—"Three or four chapters at the commencement of the book are devoted to the subject of physical education, and the education of the senses. These are topics of great importance, but so generally neglected, that the earnestness with which the author dwells upon them, and the excellent practical precepts he lays down, give his work a peculiar value in our eyes."

THE MANHATTANER IN NEW ORLEANS; OR, PHASES OF CRESCENT CITY LIFE. By A. OAKLEY HALL. New York: J. S. REDFIELD.

A book of unusual interest. In it we have the Physiognomy and Anatomy of that wonderful city,—a city of French, Spanish, English, Irish, Scotch, Dutch, and "Live Yankees," who deal in Cotton, Sugar, Molasses, Tobacco, and such other commodities as are "peculiar" to that latitude. The author has described, in the most graphic manner, "A Life in New Orleans," where he has "summers and wintered." To strangers visiting New Orleans, we commend this book. It will prove a valuable guide, and if the Crescent Citizens would "see themselves as others see them," they should read *THE MANHATTANER IN NEW ORLEANS*.

THE SCIENTIFIC AMERICAN. The Advocate of Industry, and Journal of Scientific, Mechanical, and other improvements. New York: Published weekly, at \$2.00 a year, by MURN & COMPANY, 128 Fulton st.

This is unquestionably the leading mechanical paper in America. It was established many years ago, and has obtained a world wide reputation. It is devoted particularly to mechanical purposes, and is a complete encyclopædia. While we give in the Phrenological Journal only a general view of the chief inventions, the *SCIENTIFIC AMERICAN* contains, in detail, all that appertains thereto, laying open to full view every part of the most complicated machinery. This paper merits the confidence of "the people," and the immense circulation which it has obtained.

WORCESTER in 1850, is the title of a little book that has been placed in our hands. It is not only what its title indicates, a description of Worcester at the present time, but a history of the town from its earliest settlement, and a guide to the many walks, rides, and drives, which abound in its vicinity. It is embellished with two beautiful maps, and numerous wood-cuts of the principal public buildings in the city, of which there are not a few. Worcester now contains about 17,000 inhabitants, and 40 Allopathic doctors, some of whom will soon seek other employment, as an Hydropathic establishment is now in successful

operation, and about a hundred copies of the Water-Cure Journal taken by her sensible citizens. Our friend, Dr. ROGERS, is always at home.

LITTELL'S LIVING AGE. Boston: E. Littell & Co., 165 Tremont st. Subscription price, six dollars per annum; single numbers, 12 1-2 cents.

This work is conducted in the spirit of Littell's Museum of Foreign Literature, (which was favorably received by the public for twenty years,) but as it is twice as large, and appears so often, the publishers are able to increase the solid and substantial part of our literary, historical, and political harvest, so as fully to satisfy the wants of the American reader.

While they aspire to make the *Living Age* desirable to all who wish to keep themselves informed of the rapid progress of the movement—to statesmen, divines, lawyers, and physicians—to men of business and men of leisure—it is still a stronger object to make it attractive and useful to their wives and children. They believe they can thus do some good in their day and generation; and hope to make the work indispensable in every well-informed family.—*Home Journal*.

THE FOOD AND THE TEETH. Observations on the Inorganic Constituents of the Food of Children, as connected with the Decay of the Teeth, and the Physical Constitution of Women in America. Particularly addressed to Parents. By JAMES PAUL, M. D. Trenton, N. J.

This is a pamphlet of 32 pages, the nature of which is clearly defined in its title. The author treats the subject scientifically and like one who knows what he is talking about. Read it, and you will find some things you did not know before. Price, 12 1-2 cents.

THE NEW YORK REFORMER, a weekly newspaper, published in Watertown, N. Y., at \$1 a year, in advance. INGALLS, BURDICK & Co., publishers; WM. OLAND BOURNE, associate editor.

ANOTHER accession to the cause of REFORM. This newspaper, we are informed, is to be especially devoted to the Great Temperance Movement. We wish it unbounded success. Mr. BOURNE is a POET, a REFORMER, and a MAN.

THE MUSICAL TIMES, a weekly journal, devoted to Literature, Music, and the Fine Arts. New York: Edited and published weekly by HERMAN S. SARONI, at \$2 a year, in advance.

This interesting quarto has recently entered upon its second volume, with fair prospects for the future. We hail these cheap and popular musical gazettes with much interest. We believe the influence which they exert to be good.

NATURE DEFENDED, and the Abuses of Custom Exposed; being an Argument Advocating the Claims of Female Midwifery. By GEORGE W. SKINNER, M. D.

This is a book of 64 pages, the design of which is set forth in its title. The subject is one that needs correction, and we hope that this little work will be the means of inducing many to lend a helping hand. For sale by FOWLERS & WELLS. Price 12 1-2 cents. It may be sent by mail.

LABOR: ITS HISTORY AND PROSPECTS, By Hon. ROBERT DALE OWEN. New York: FOWLERS AND WELLS, publishers. Price 25 cents.

This is, unquestionably, the most complete treatise on the question of Human Labor ever published—a question in which every individual ought to be interested. We should be glad to have a copy of this little work find its way into the hands and hearts of "the people." It will do great good.

THE GREAT METROPOLIS, OR NEW YORK ALMANAC FOR 1851. HENRY WILSON, 49 Ann st., Publisher. Price 25 cents.

A very useful, neat, and cheap annual. It contains a map, with a description of our city, a complete street directory, with views of several of our most conspicuous public buildings.

THE STUDENT AND FAMILY MISCELLANY continues to attract the attention of Teachers, Parents, Children and Youth, wherever it has been introduced. It has recently entered upon its second volume, with cheering prospects, for the new year. *THE STUDENT* is edited by N. A. CALKINS, and will prove more useful to those who read it than would all the gold of California. Published monthly, at One Dollar a year, by Fowlers and Wells, New York.

THE GENESSEE FARMER.—Our readers will find the prospectus of this agricultural pioneer in our advertising department. We have frequently recommended this publication as worthy, in every respect, of the extensive circulation which it has obtained among the "bone and sinew" of the land.

Advertisements.

SPRINGFIELD WATER-CURE.—This institution is situated in Springfield, Mass., one of the pleasantest towns in the valley of the Connecticut. It is accessible from all points by railroad. In point of location, and conveniences for the accommodation of patients, it is second to none in the country.

Each patient will furnish two linen or cotton sheets, two woollen blankets, two comfortables, some towels and linen for bandages,—or they can be hired at the establishment.

E SNELL, Physician; H. R. BARDWELL, Assistant. It

TROY WATER-CURE.—Dr. N. Bedortha, of New Lebanon Springs, is now located in Troy, where he will receive, and treat patients as usual.

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MOTORPATHY: THE SYSTEM OF CURING DISEASE BY STATUMINATING, VITALIZING MOTION.—In compliance with the solicitations of many physicians and ladies, who are anxious to avail themselves of my new method of treating *Prolapsus Uteri* Motorpathically, in which no Supporters are used, or any of the usual treatment of the day employed, I purpose leaving our Institution in the care of others a short time, to visit Auburn, Syracuse, Utica, Albany, Troy, Springfield, Hartford, New Haven, and New London, one day each; and Boston, Providence, New York, Brooklyn, Philadelphia, Baltimore, and Washington, two days each; Harrisburg, Pittsburg, Columbus, Cincinnati, Sandusky City, Cleveland, and Buffalo, one day each, during the last of February and first of March next, for the purpose of treating several important cases on these new principles, the *modus operandi* of which will be open to the examination of the attending physician.

It is my desire to extend to the faculty every possible facility for testing the merits of this discovery; therefore physicians are particularly invited to call with the ladies under their charge.

Many of the cases of *Prolapsus Uteri* can be cured by one visit; others in a few days, and the most difficult in a few weeks. To produce this almost instantaneous relief, the patient is subjected to no pain or inconvenience. When the organ is made to assume its natural position, the patient is immediately able to go through any ordinary exercise which she has strength to perform, without fear of displacement.

For the removal of other Uterine Weaknesses this system is equally efficient. The art of treating these diseases Motorpathically is of recent origin; yet several hundreds have been cured without a failure. Many of the most inveterate and extraordinary cases, of from one to fifteen years standing, some of which were accompanied with extreme urinary difficulties, and many with that inability to stand upon the feet, or be raised from a horizontal position, which is peculiar to these diseases, have been brought to this Institution, on beds, a distance of from twenty to several hundred miles, attended by their physicians or friends; and these suffering and helpless women have been raised from their beds, and, after a short treatment, been enabled to walk from one to six miles a day, and take much other exercise. Their address can be given to ladies wishing to communicate with them.

Our object in making this tour, beside that of treating some particular cases, is to give medical men and afflicted females such practical evidence as may lead to a more wise treatment of Uterine diseases, many forms of which, heretofore considered unmanageable and hopeless, we trust to see controlled and cured by this new method.

Those who wish to know more concerning our treatment or Institution, or who wish to call on me at my rooms, when I visit the above places, can write to me, and they will be informed of the day I shall be at each place, &c., with such other information as may be desired. Address, POST-PAID, "HALSTED'S MEDICAL INSTITUTE AND WATER-CURE ESTABLISHMENT, ROCHESTER, N. Y."

N. B.—No charge will be made, or fee expected, for services on my tour. It is my wish that all classes should be benefited by this important discovery, and that no obstacle should be put in the way of relief from suffering. H. HALSTED.

Halsted Hall, Rochester, N. Y.

Feb.

THE PRACTICAL AND SCIENTIFIC FARMER'S OWN PAPER.

THE GENESSEE FARMER, a Monthly Journal of Agriculture and Horticulture, illustrated with numerous engravings of Farm Buildings, Domestic Animals, Implements, Fruits, &c. Volume XII., for 1851. DANIEL LEE and JAMES VICK, JR., Editors; P. BARRY, Conductor of Horticultural Department.

In issuing a Prospectus for the TWELFTH Volume of the Genessee Farmer, the Publisher flatters himself that it is too widely known, too extensively circulated, and too well read, to render it necessary to state at length the design of the work. Those who read the Farmer are the best judges of its value, and those unacquainted with it are requested to examine its pages.

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NEW YORK TRIBUNE.—The *Tribune* club in this place will bear in mind, we trust, that their year will expire on the 20th of November. We presume that the 20 who have been favored with the perusal of this most excellent journal the past year, will renew their subscription; but there is room for any number over this.—*Wabash (Ind.) Gazette*.

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The *London Times*, which is universally conceded to be the most extensive newspaper establishment in the world, contains, as printers usually measure, or estimate, one hundred and ninety thousand ems, and is sold at ten cents a copy, or thirty dollars a year. *The Tribune* contains one hundred and seventy-five thousand ems. It will thus be seen that *The Tribune* contains nearly the same amount of matter at one fifth of the price. This measure, in both cases, has reference to the reading matter, exclusive of advertisements. *The Tribune* is, emphatically, a newspaper.—*Worcester (Mass.) Daily Tribune*.

NEW YORK WEEKLY TRIBUNE.—The publishers of this paper have issued their prospectus for the 10th volume, which commenced on the 7th of this month. *The Tribune*, we believe, has at present a more extensive circulation than any other political newspaper in the United States.

Having had the reading of *The Tribune* more or less for several years, we can safely and honestly say, that of all "Whig" or "Democratic" papers with which we have become acquainted, this is decidedly the best.

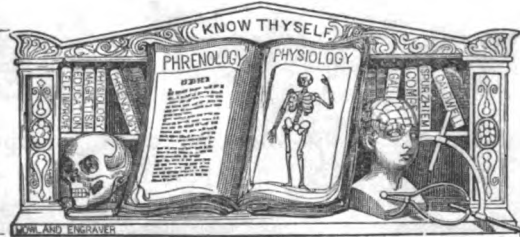
On all the great and absorbing questions of the day the editor takes "high ground," far in advance of his party—so much so, that we have often wondered how he could remain in its ranks, advocating with all his might the non-extension of Slavery, while the great ones of the party were wielding all their influence either in favor of non-interference or compromise.—*Mt. Pleasant (Iowa) True Democrat*.

NEW YORK TRIBUNE.—This paper, edited by Horace Greeley, will commence its tenth volume on the 7th of this month. It has been considerably enlarged and otherwise improved the last year, without increase in its terms, making it now the cheapest of the class of city journals. *The Tribune* is devoted to the protection of home labor, the freedom of the public lands to the landless, the devotion of the public revenue less to war, navies, &c., and more to education and internal improvement. Besides being an able advocate of these and all kindred social reforms, the *Tribune* has an ample domestic and foreign correspondence, enabling it to give the latest news from every quarter of the globe. Those who wish the greatest variety of knowledge in the cheapest form, cannot do better than subscribe for the *New York Tribune*. This fact is sufficiently attested by its present list of subscribers, the aggregate of the Daily, Semi-Weekly, and Weekly, being about 65,000—the first at \$5, the second at \$3, and the last at \$2 per annum, in advance.—*Amesbury (Mass.) Villager*.

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